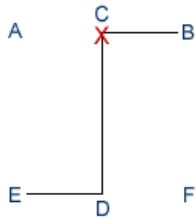


DO-SAN

is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



DO-SAN Movements - 24 Ready Posture - PARALLEL READY STANCE



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.



2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.



3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.

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4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.

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- 8.** Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.



- 9.** Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.



- 10.** Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.



- 11.** Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.

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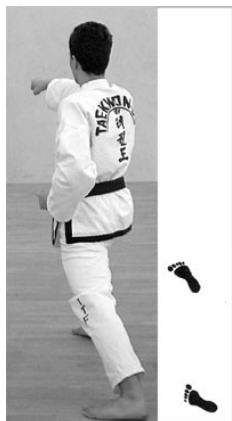
- 12.** Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.



- 13.** Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.



- 14.** Execute a middle front snap kick to CE with the right foot.
Keeping the position of the hands as they were in 13.



- 15.** Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

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- 16.** Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE.

Perform 15 and 16 in a fast motion.



- 17.** Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.



- 18.** Execute a middle front snap kick to CF with the left foot, **keeping the position of the hands as they were in 17.**



- 19.** Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.

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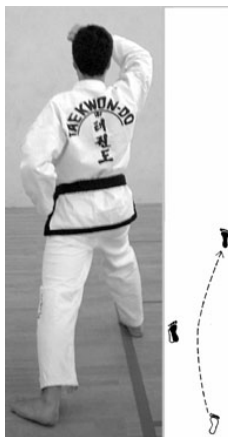


- 20.** Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF.

Perform 19 and 20 in a fast motion.



- 21.** Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.



- 22.** Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.



- 23.** Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.

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- 24.** Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.



- END:** Bring the right foot back to a ready posture.