

#3

The International Original Taekwon-Do Federation

DO-SAN

Movements – 24

Ready Posture – PARALLEL READY STANCE

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

1. Move the left foot to B, forming a left walking stance (*Half Facing*) toward B while executing a high side block with the left outer forearm.
2. *Rise up with the right heel to begin sine wave and then*, execute a middle punch to B with the right fist while maintaining a left walking stance (*Half Facing*) toward B (*Lower the heel at the completion of the punch*).
3. Move the left foot on line AB, *shifting the weight to the left foot*, and then turn clockwise to form a right walking stance (*Half Facing*) toward A while executing a high side block to A with the right outer forearm.
4. *Rise up with the left heel to begin sine wave and then*, execute a middle punch to A with the left fist while maintaining a right walking stance (*Full Facing*) toward A.
5. Move the left foot to D, forming a right L-stance (*Half Facing*) toward D while executing a middle-guarding block to D with the *left* knife-hand.
6. Move the right foot to D forming a right walking stance (*Full Facing*) toward D while executing a middle thrust to D with the right straight fingertip, (*bringing the left hand under the right elbow –palm facing down*).
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward *in a releasing motion*, and then move the left foot to D, turning counter clockwise to form a left walking stance (*Half Facing*) toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance (*Half Facing*) toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to, turning counter clockwise to form a left walking stance (*Half Facing*) toward E while executing a high side block to E with the left outer forearm.

10. ***Rise up on the right heel and then***, execute a middle punch to E with the right fist while maintaining a left walking stance (***Full Facing***) toward E.
11. Move the left foot on line EF ***shifting the weight to the left foot***, and then turn clockwise to form a right walking stance (***Half Facing***) toward F while executing a high side block to F with the right outer forearm.
12. ***Rise up on the left heel and then***, execute a middle punch to F with the left fist while maintaining a right walking stance (***Full Facing***) toward F.
13. Move the left foot to CE forming a left walking stance (***Full Facing***) 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 ***as the kick makes contact. When the right foot returns to the chamber position, the right fist draws to the right hip as a preparatory or intermediate position.***
15. Lower the right foot to CE forming a right walking stance toward (***Full Facing***) CE while executing a middle punch to CE with the right fist.
16. ***Rise up on the left heel and then***, execute a middle punch to CE with the left fist while maintaining a right walking stance (***Full Facing***) toward CE. **Perform 15 and 16 in a fast motion.**
17. ***Shift the weight to the left foot and then***, move the right foot to CF forming a right walking stance (***Full Facing***) 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 ***as the kick makes contact. When the left foot returns to the chamber position, the left fist draws to the left hip...***
19. Lower the left foot to CF forming a left walking stance (***Full Facing***) toward CF while executing a middle punch to CF with the left fist.
20. ***Rise up on the right heel and then***, execute a middle punch to CF with the right fist while maintaining a left walking stance (***Full Facing***) toward CF. **Perform 19 and 20 in a fast motion.**
21. ***Shift the weight to the right foot and then*** move the left foot to C forming a left walking stance (***Half Facing***) 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 (***Half Facing***) toward C while executing a rising block with the right forearm.
23. ***Shift the weight to the right foot and then move the left foot to the left side of the right foot (turning 180 degrees), while looking over the left shoulder toward B. Rise up the begin sine wave, and then slide the left***

foot to B to form a sitting stance toward D while executing a middle side strike B with the left knife-hand.

24.*Bring the left foot to the right foot shifting the weight to the left foot and cross hands over the left chest. (Look over the right shoulder and then rise up to begin sine wave).* Move the right foot to A forming a sitting stance toward D while executing a middle side strike to A the right knife-hand.

END: Return the right foot to ready posture.