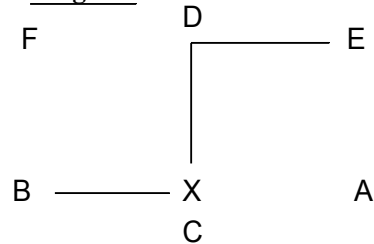


DO - SAN TUL

Junbi: Narani junbi sogi

24 Movements

Diagram




Definition:

Do San is the pseudonym of the patriot An Chang-Ho (1876-1938), who devoted his entire life to furthering the education of Korea and its independent movement

START: Parallel Ready Stance

1. Move the left foot to B, forming a left walking stance toward B, at the same time 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, at the same time executing a high side block to A, with the right outer forearm.
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 knifehand.
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 knifehand together with the body counter-clockwise until its palm faces downwards (into a sitting stance, up on toes) 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.
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.

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9. Move the left foot to B, forming a left walking stance toward E, at the same time 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, at the same time executing a high side block to F, with the right outer forearm.
 12. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
 13. Move the left foot to CE, forming a left walking stance toward CE while 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 foot to CE, forming a right walking stance towards CE, while executing a middle punch to CE with the right fist.
 16. Execute a middle punch to CE with the left fist while maintaining a right walking stance towards 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 foot to CF, forming a left walking stance towards CF, while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance towards CF.

Perform 15 and 16 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, at the same time 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 knifehand.
24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward A, while executing a middle side strike to A with the right knifehand



END: Bring the right foot back to ready posture (Junbi).



	Stance	Section	Obverse/ Reverse	Technique
1	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok ap yop makgi
2	Gunnun sogi	kaunde	Bandae	Ap joomuk jurigi
3	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok ap yop makgi
4	Gunnun sogi	kaunde	Bandae	Ap joomuk jurigi
5	Niunja sogi	kaunde	-	Sonkal daebi makgi
6	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
7	Gunnun sogi	Nopunde	Baro	Yop bakuro dung joomuk taerigi
8	Gunnun sogi	Nopunde	Baro	Yop bakuro dung joomuk taerigi
9	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok ap yop makgi
10	Gunnun sogi	kaunde	Bandae	Ap joomuk jurigi
11	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok ap yop makgi
12	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
13	Gunnun sogi	Nopunde	-	Hechyo makgi
14	-	Kaunde	-	Ap cha busigi
15	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
16	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
17	Gunnun sogi	Nopunde	-	Hechyo makgi
18	-	Kaunde	-	Ap cha busigi
19	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
20	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
21	Gunnun sogi	Nopunde	Baro	Chookyo makgi
22	Gunnun sogi	Nopunde	Baro	Chookyo makgi
23	Annun sogi	Kaunde	-	Yop sonkal taerigi
24	Annun sogi	Kaunde	-	Yop sonkal taerigi



Blocks	Makgi	Move number
Outer forearm block	Bakat palmok makgi	1, 3, 9, 11
Knifehand guarding block	Sonkal daebi makgi	5
Wedging block	Hechyo makgi	13, 17
Rising block	Chookyo makgi	21, 22
Punches	Jurigi	
Forefist punch	Ap joomuk jurigi	2, 4, 10, 12, 15, 16, 19, 20
Strikes	Taerigi	
Knifehand side strike	Yop sonkal taerigi	23, 24
Backfist side strike	Yop dung joomuk taerigi	7, 8
Thrusts	Tulgi	
Straight fingertip thrust	Sun sonkut tulgi	6
Kicks	Chagi	
Front snap kick	Ap cha busigi	14, 18
Stances	Sogi	
Parallel ready stance	Narani junbi sogi	
Walking stance	Gunnun sogi	
L-Stance	Niunja sogi	
Sitting stance	Annun sogi	