

Do-San

Advanced Yellow Belt Form

Punches Low

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Outerforearm Block	Left Frontstance
2	Right Reverse Punch	Left Frontstance
3	Right Outerforearm Block	Right Frontstance
4	Left Reverse Punch	Right Frontstance
5	Left Double Knifehand Block	Left Backstance
6	<u>Right Spearhand (release)</u>	Right Frontstance
7	Left Spinning Backfist	Left Frontstance
8	Right Backfist	Right Frontstance
9	Left Outerforearm Block	Left Frontstance
10	Right Reverse Punch	Left Frontstance
11	Right Outerforearm Block	Right Frontstance
12	Left Reverse Punch	Right Frontstance
13	Twin Outerforearm Block	Left Frontstance
14	Right #2 Front Kick	
15	Right Punch	Right Frontstance
16	Left Reverse Punch	Right Frontstance
17	Twin Outerforearm Block	Right Frontstance
18	Left #2 Front Kick	
19	Left Punch	Left Frontstance
20	Right Reverse Punch	Left Frontstance
21	Left High Block	Left Frontstance
22	Right High Block	Right Frontstance
23	Left Knifehand Strike	Sittingstance
24	<u>Right Knifehand Strike</u>	Sittingstance

Do-San (24 movements): Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life, which he devoted to furthering education in Korea and the Korean independence movement.