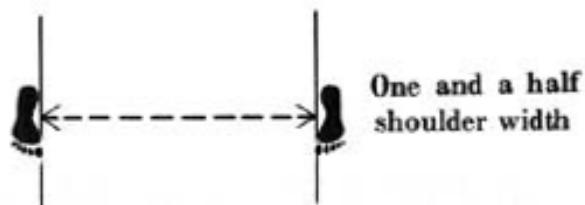
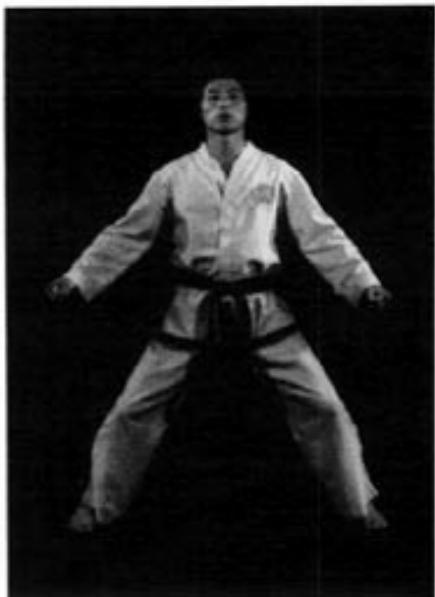


ADDITIONAL TECHNIQUES FOR PATTERN DO-SAN

Sitting Stance (*Annun Sogi*)

Front View



Side View



Back View



Walking Stance Outer Forearm High Side Block
(Gunnun So Bakat Palmok Nopunde Yop Makgi)



Front View



Side View

- * 1. The fist reaches the eye level of the defender.
- 2. The fist forms a triangle with the shoulders.

Top View



Back View



Straight Fingertip Thrust (*Sun Sonkut Tulgi*)



Front View



Side View

**Walking Stance Back Fist High Side Strike
(*Gunnun So Dung Joomuk Nopunde Yop Taerigi*)**



Front View



Side View

- * 1. The forefist reaches the eye level of the attacker.
- 2. The body becomes half facing the opponent.
- 3. The fist becomes half facing the opponent.

Walking Stance Outer Forearm High Wedging Block
(Gunnun So Bakat Palmok Nopunde Hechyo Makgi)



Front View



Side View

Top View



- * 1. The distance between the fists is equal to one shoulder width.
- 2. The fist reaches the same level as the eyes of the defender.

Middle Front Snap Kick (*Kaunde Apcha Busigi*)



Front View



- * 1. The ball of the foot is the attacking tool.
- 2. The attacking tool reaches the same level as the solar plexus of the attacker.

Sitting Stance Knife-hand Side Strike (*Annun So Sonkal Yop Taerigi*)

Side View



Front View



The body becomes flank facing the opponent.

Spot Turning (*Gujari Dolgi*)

Right walking stance toward D.

Left foot is moved on line CD.

Right foot is moved on line CD.



The stance has been changed into
a left walking stance toward C.





PATTERN DO-SAN (*Do-San Tul*)

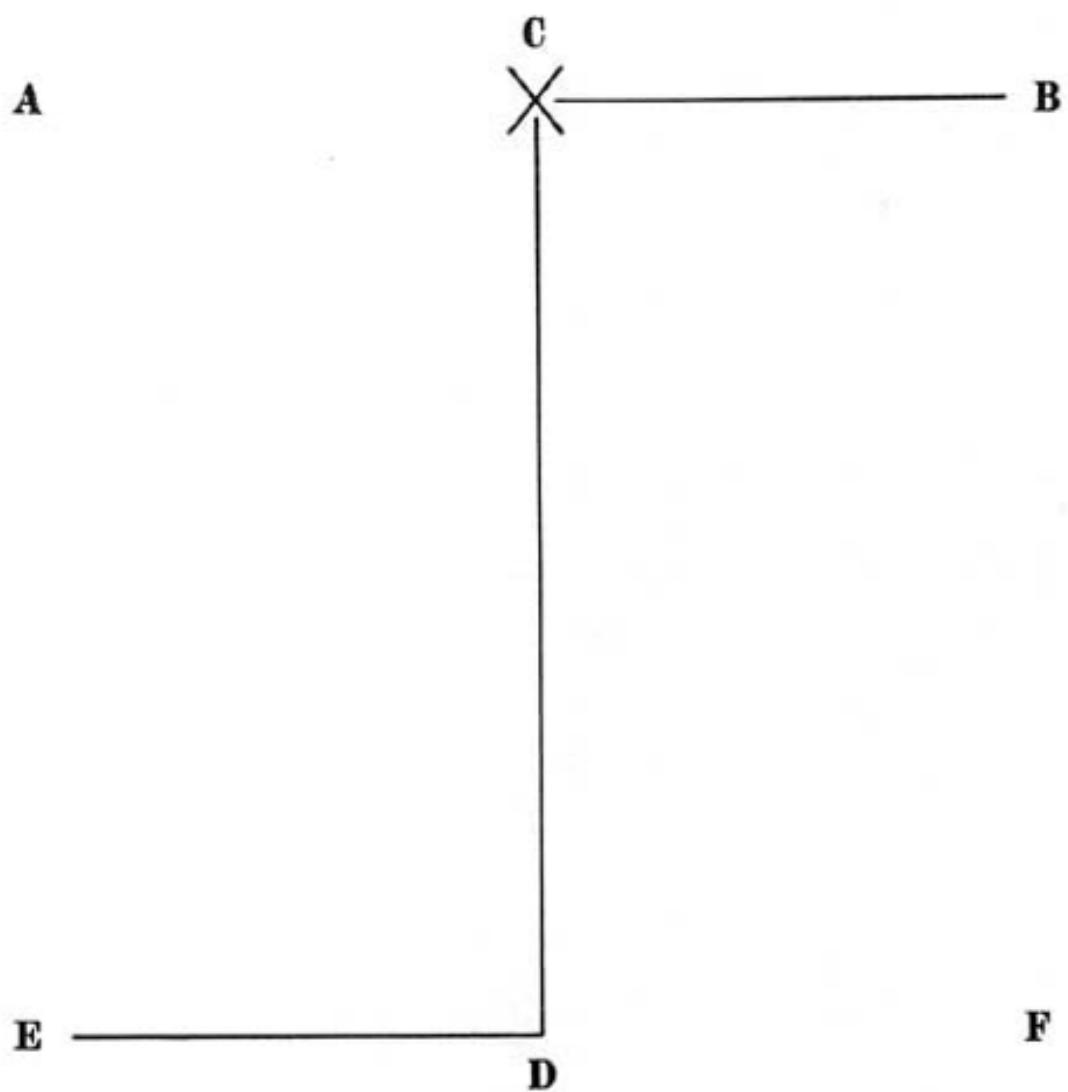
This pattern is practised by the 7th grade holder and above.

DIAGRAM: 

MOVEMENTS: 24

READY POSTURE: PARALLEL READY STANCE

DIAGRAM (Yon Moo Son)



Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



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.

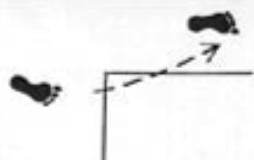
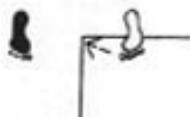


Left walking stance outer forearm
high side block toward B.

Front View



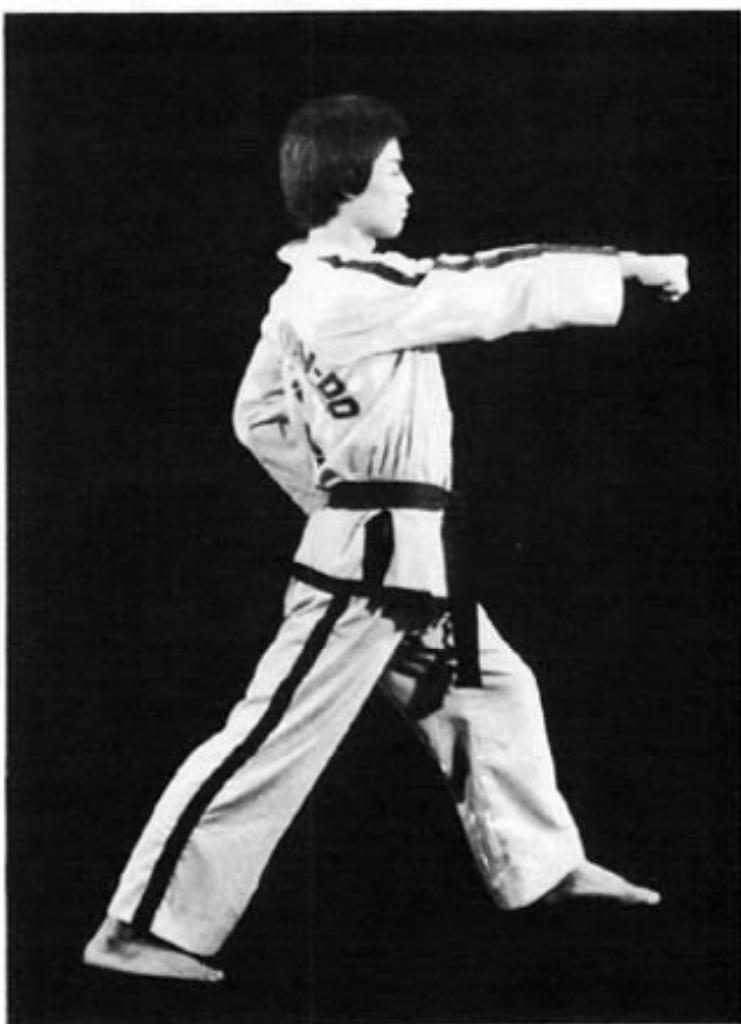
Ready Posture



Application



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



Left walking stance middle punch toward B.



Previous Posture



Keep the right heel slightly off
the ground.



Application



Previous Posture

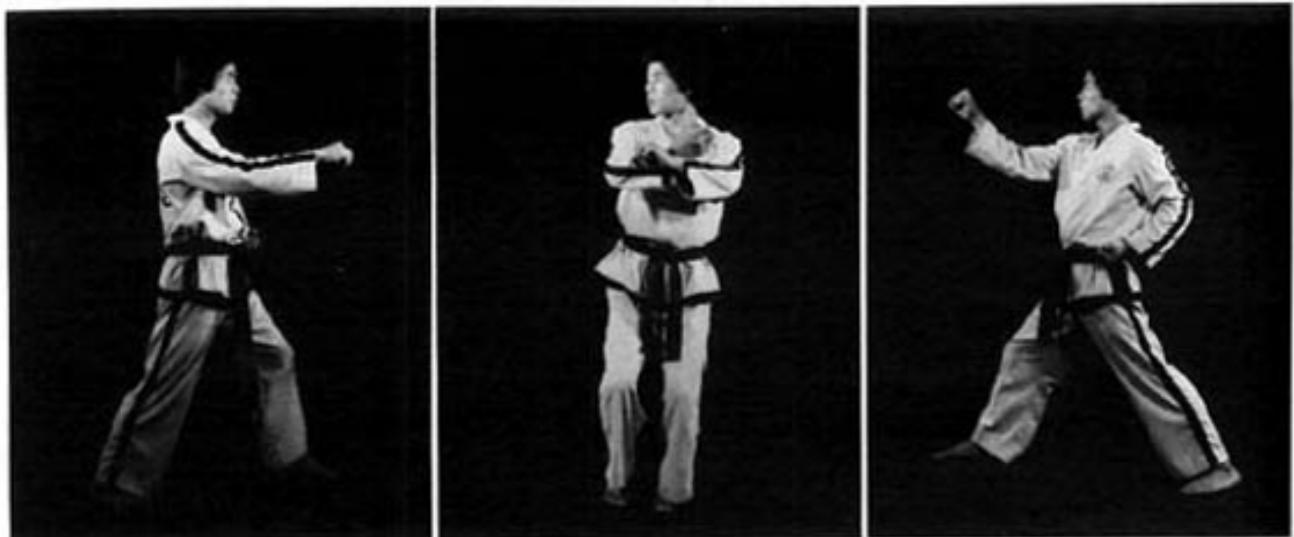


Right walking stance outer forearm
high side block toward A.



Keep the left heel slightly off the ground.

Keep the back forearms crossed in front of the left chest, placing the blocking one on the other.



Side View

Application



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



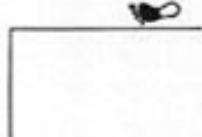
Right walking stance middle punch toward A.



Previous Posture



**Keep the left heel slightly off
the ground.**



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.



Right L-stance knife-hand middle
guarding block toward D.

Previous Posture



Application



Side View

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.



**Right walking stance straight
fingertip thrust toward D.**

Previous Posture



Application



Side View

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.



Left walking stance back fist
high side strike toward D.

Previous Posture



Keep the back fists faced upward, placing the striking one under the other.



Keep pivoting with both feet.

Top View



Side View



Application of No. 7

Side View



Wrist is grabbed.

Wrist is released.

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 fist.



Right walking stance back fist
high side strike toward D.

Previous Posture

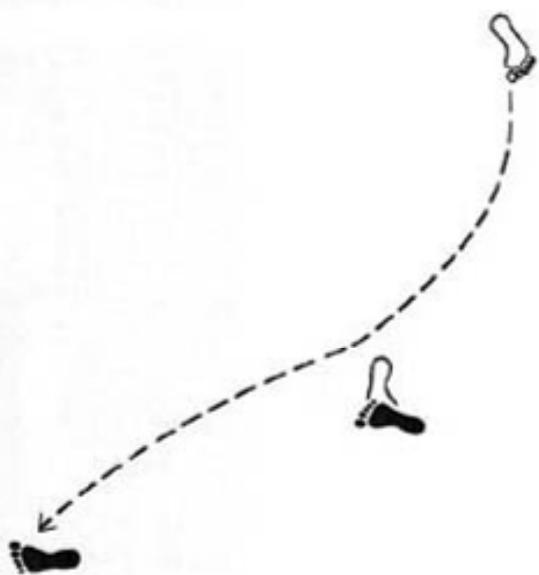


Keep the back fist facing upward, placing the striking one under the other.



Application

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.



**Left walking stance outer forearm
high side block toward E.**

Keep the back forearms crossed in front of the right chest, placing the blocking one on the other.

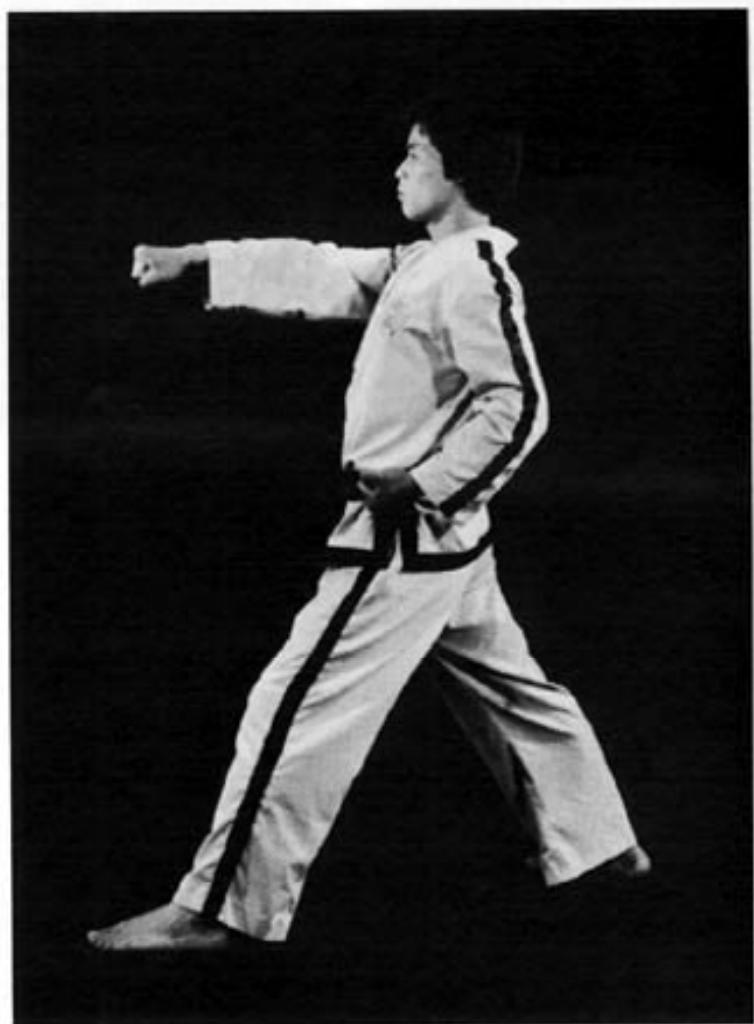
Previous Posture



Application



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



Left walking stance middle punch toward E.

Previous Posture



Keep the right heel slightly off the ground.



Application

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.

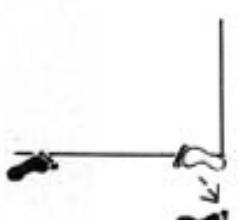
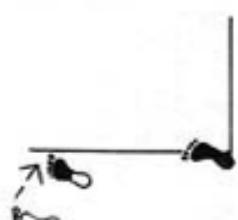


Right walking stance outer forearm
high side block toward F.

Previous Posture



**Keep the left heel slightly off
the ground.**



Application



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



Right walking stance middle punch toward F.



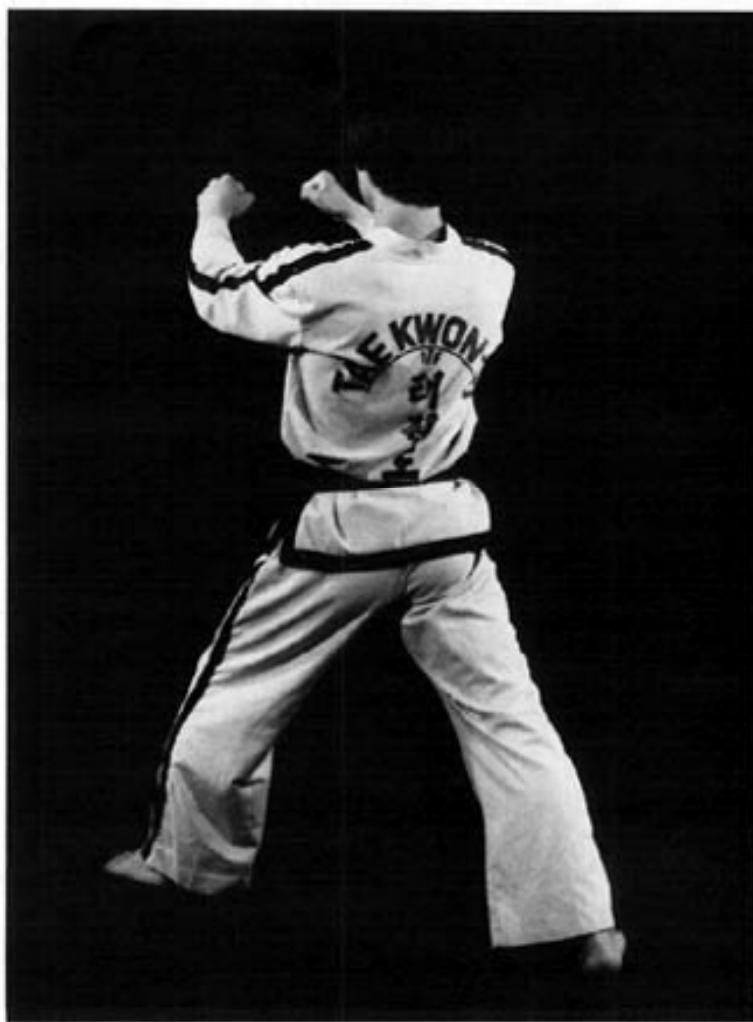
Previous Posture



Keep the left heel slightly off
the ground.



- 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.



Left walking stance outer
forearm high wedging block
toward CE.

Previous Posture



Application



Side View



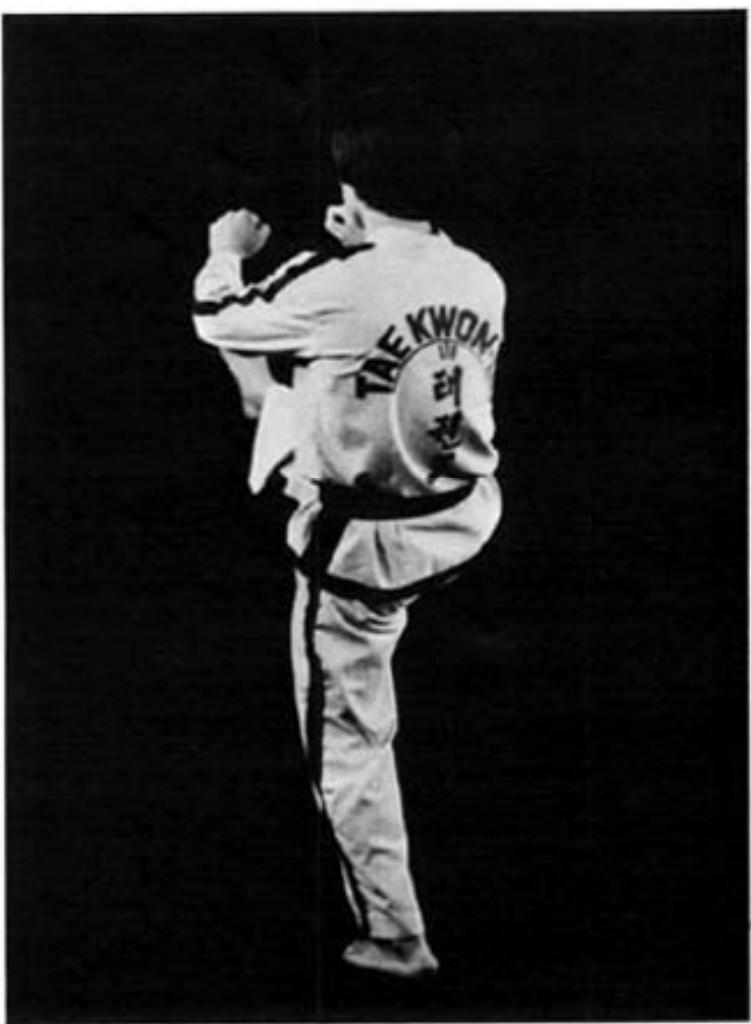
Keep both back fists
facing the opponent.



Top View



Previous Posture



Middle front snap kick to CE
with the right foot.

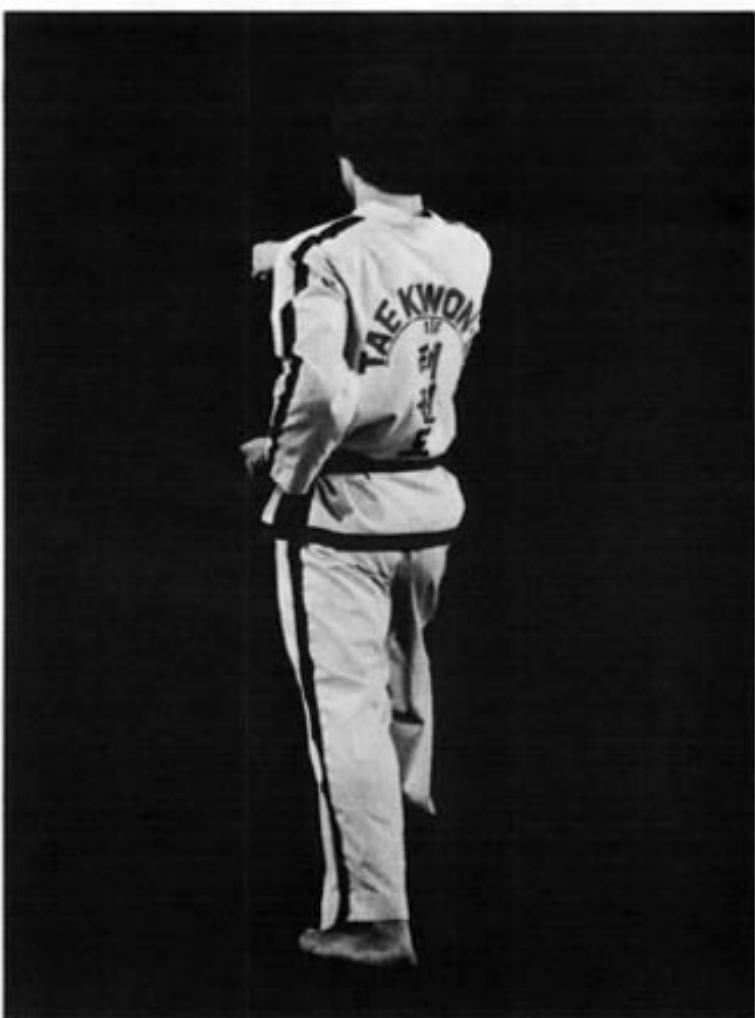
Application



Side View



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.



Right walking stance middle
punch toward CE.

Previous Posture



Side View



- 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.



Right walking stance middle punch toward CE.



Previous Posture

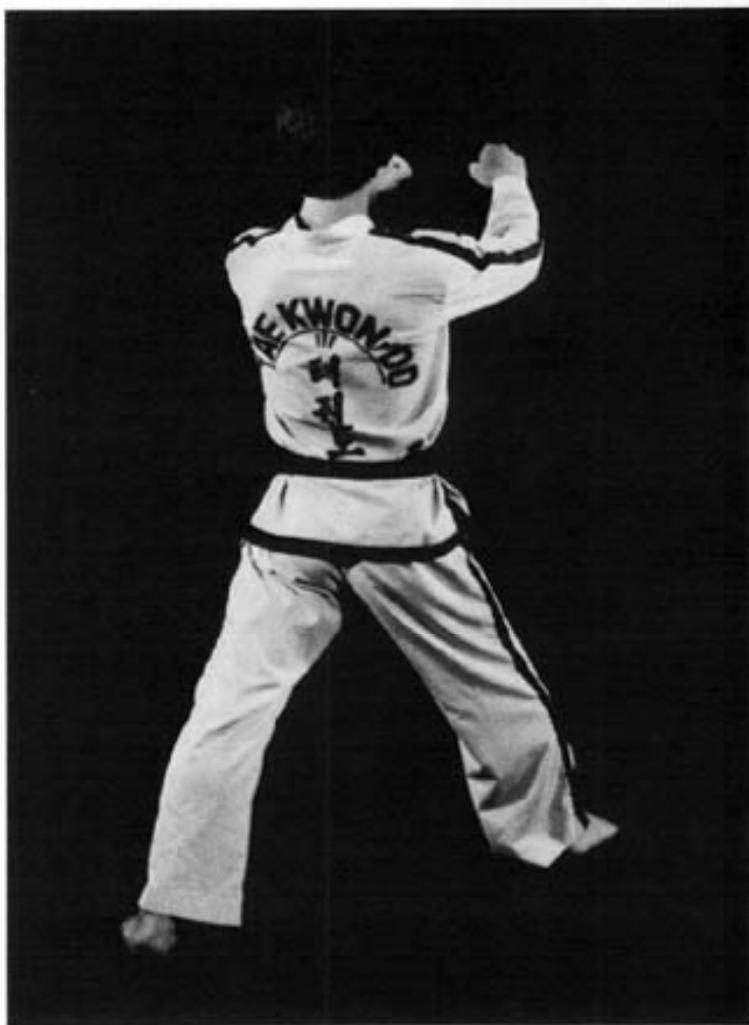


Keep the left heel slightly off the ground.



Side View

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.



Right walking stance outer
forearm high wedging block
toward CF.



Previous Posture

Keep both back fists
facing the opponent.

Side View



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



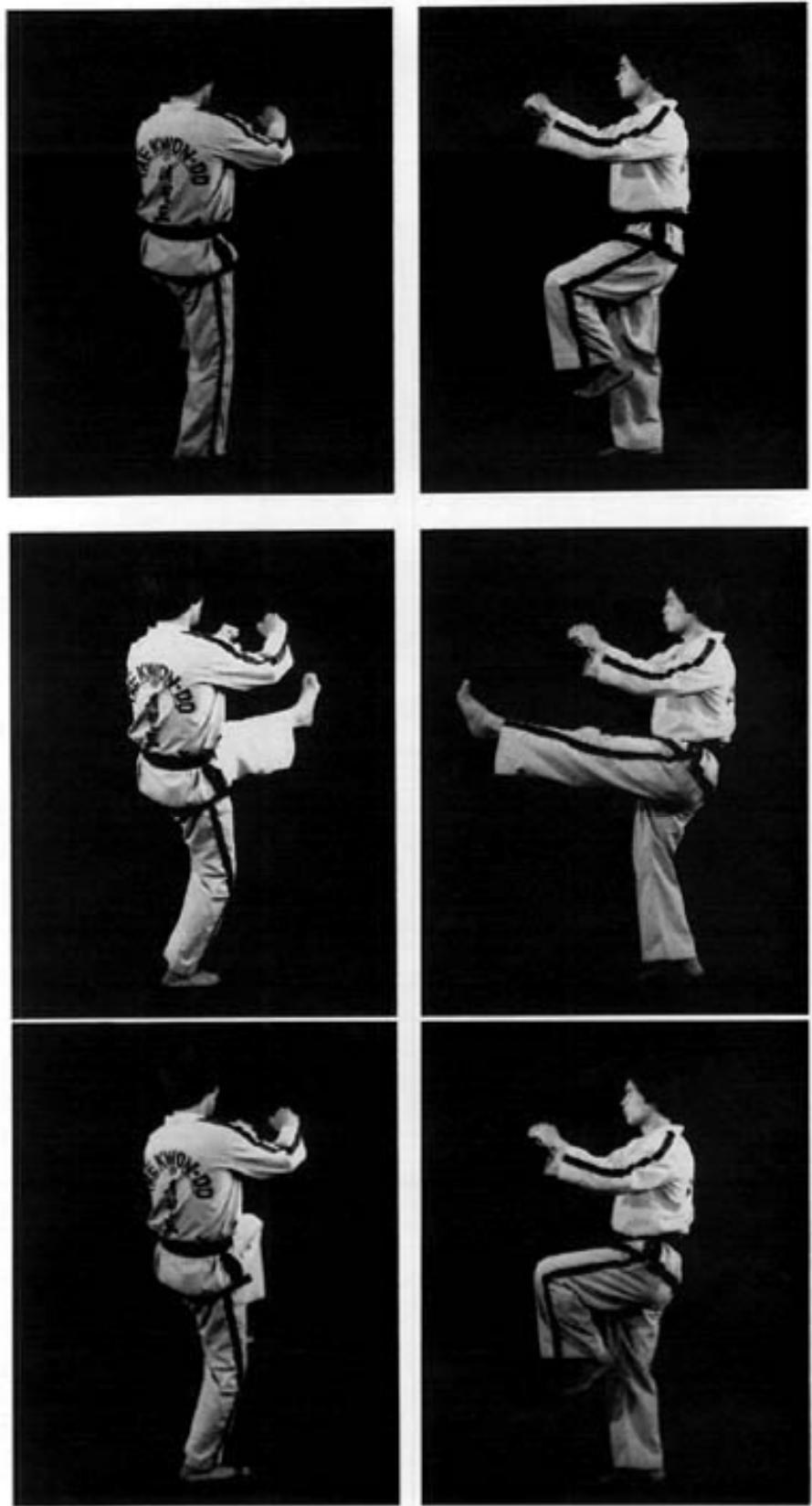
Previous Posture



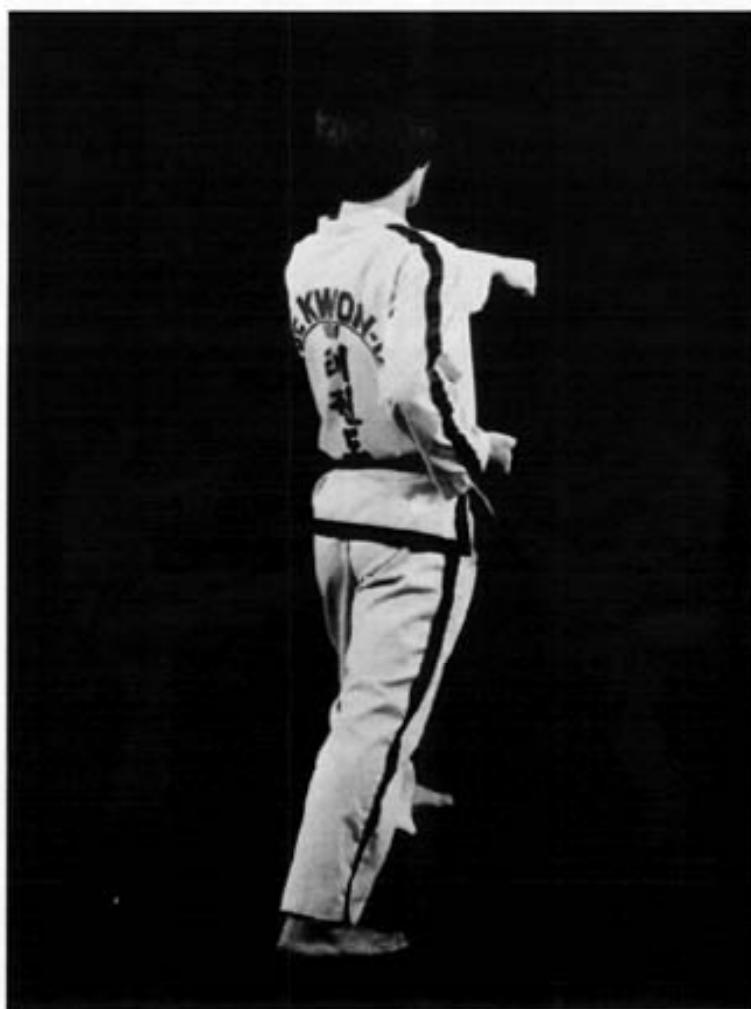
Right walking stance middle front snap kick toward CF with the left foot.



Side View



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.



Left walking stance middle punch toward CF.

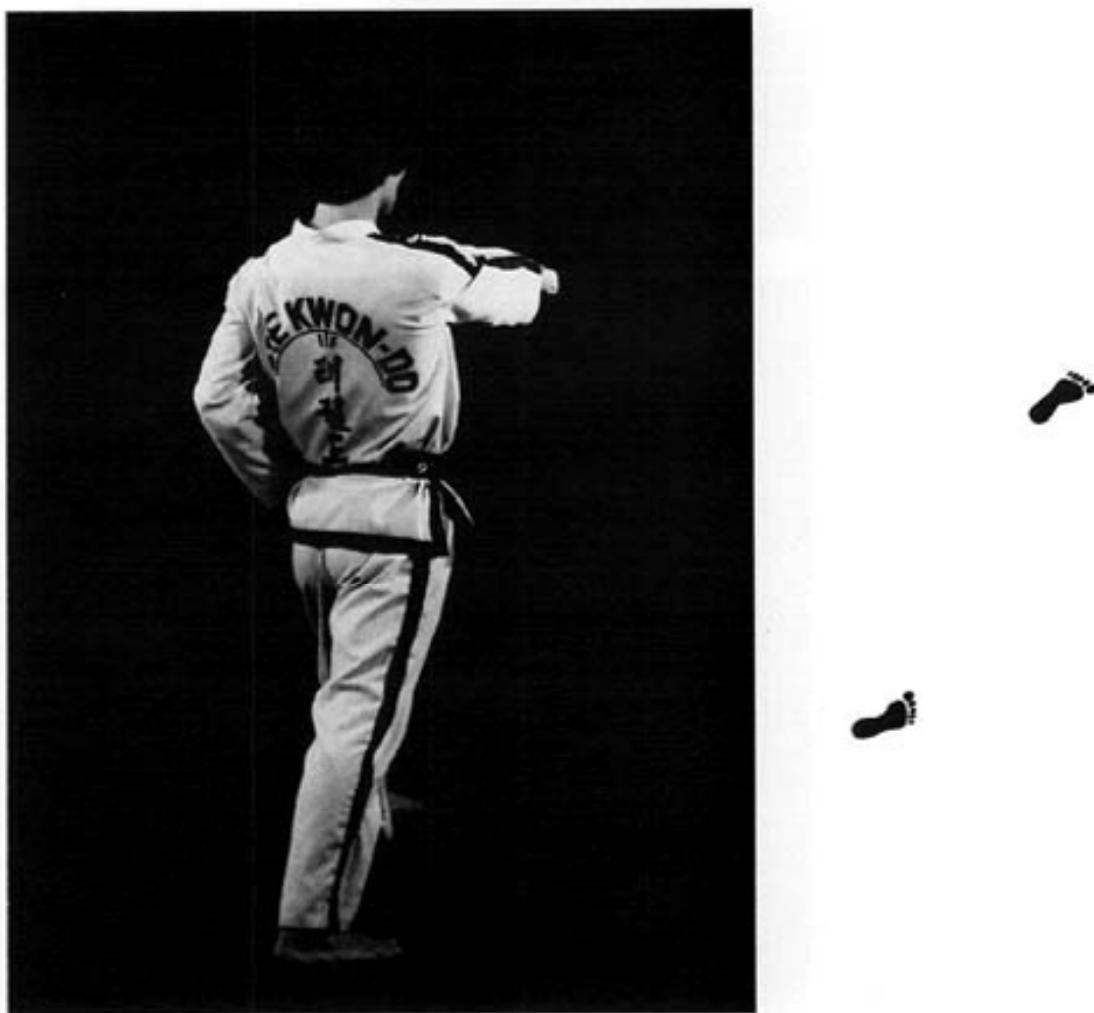
Previous Posture



Side View



- 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.



Left walking stance middle punch toward CF.

Previous Posture



Keep the right heel slightly off the ground.

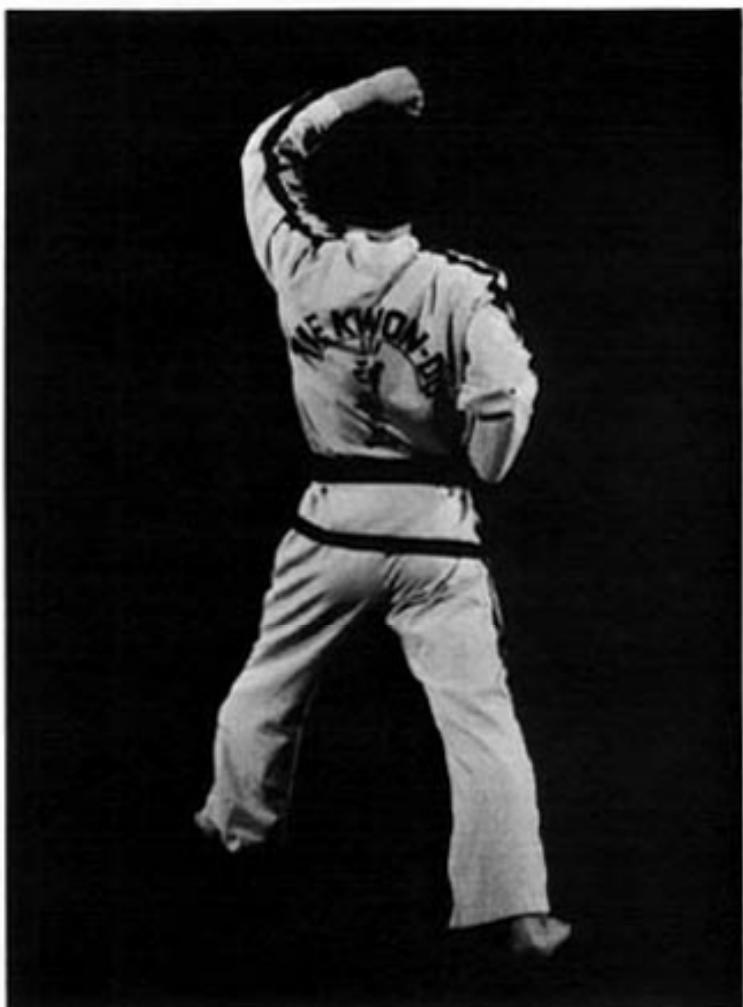


Side View



Top View

- 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.



Left walking stance forearm rising block toward C.

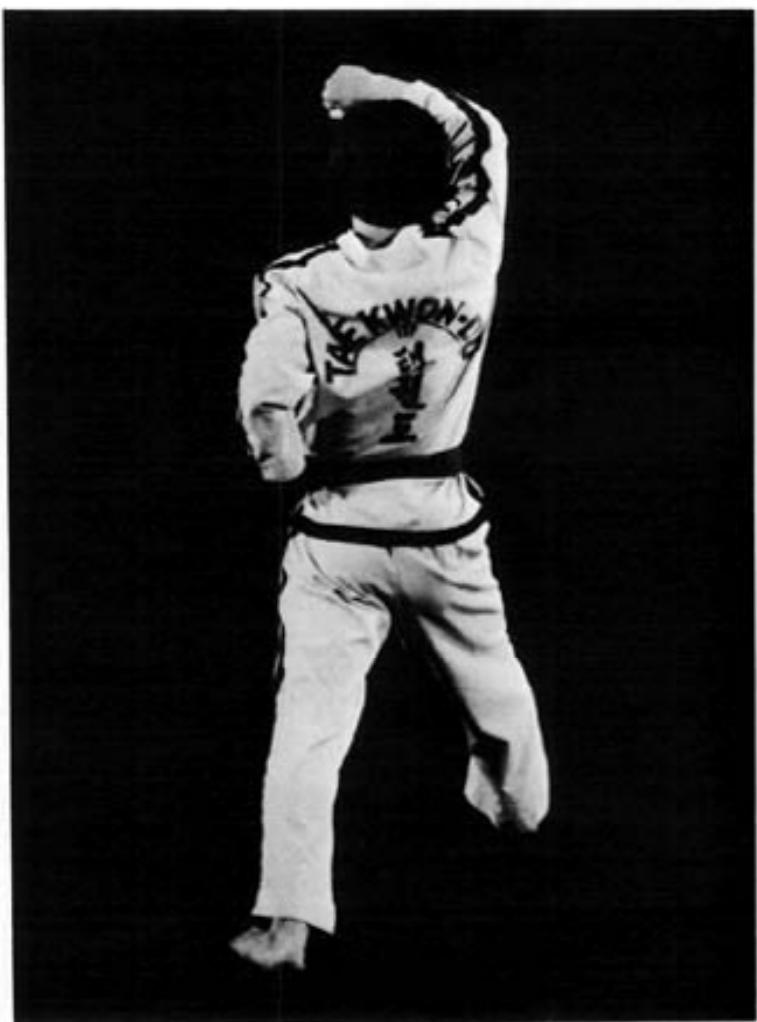
Previous Posture



Other View



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



**Right walking stance forearm
rising block toward C.**

Previous Posture



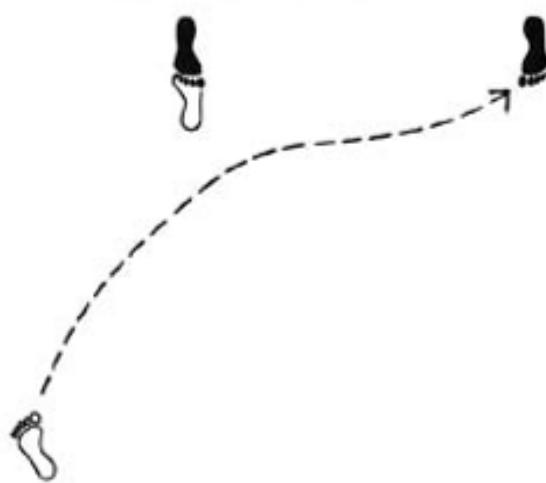
Other View



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.

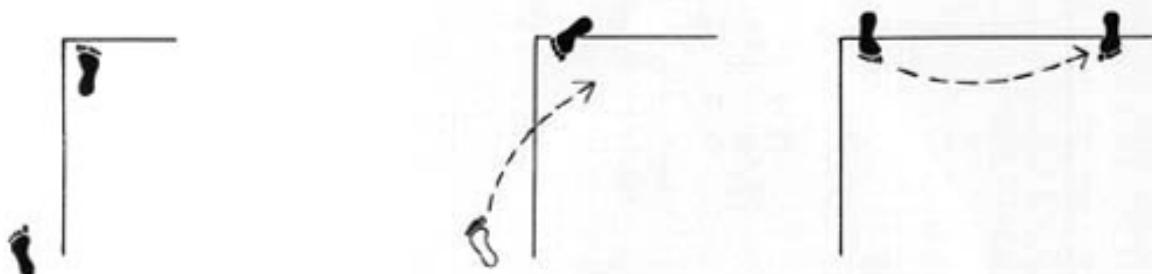


Sitting stance knife-hand side strike toward D.



Previous Posture

Keep the back forearms crossed in front of the right chest, placing the left forearm on the right forearm.



Previous Posture



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.



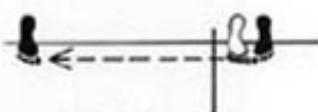
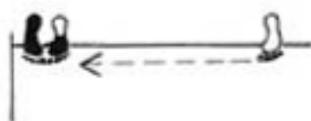
Sitting stance knife-hand
side strike toward D.



Keep the left heel slightly off the ground.



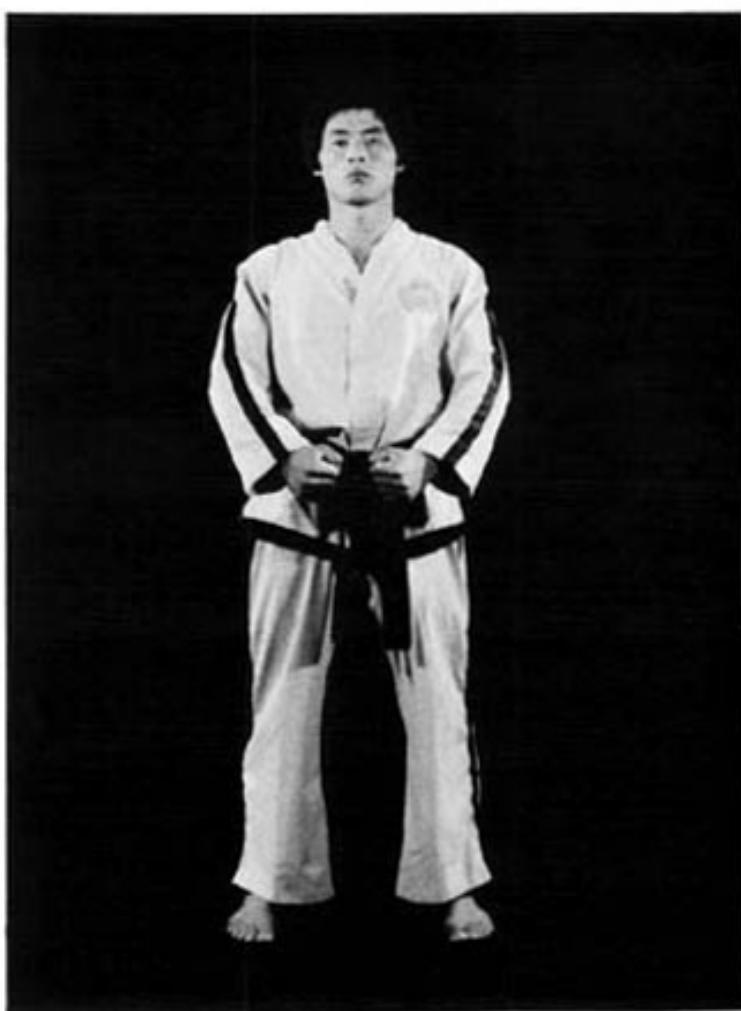
Keep the back forearms crossed in front of the left chest, placing the right forearm on the left forearm.



Application



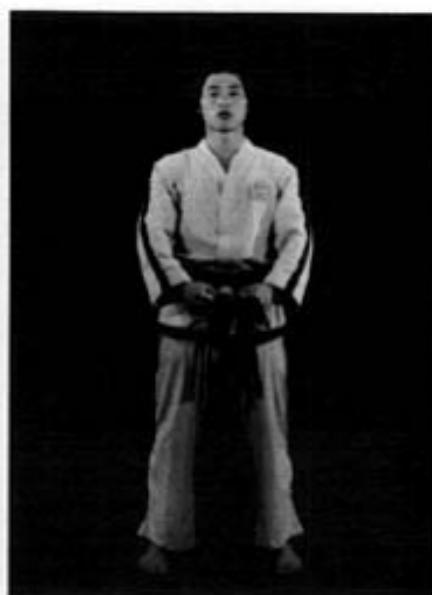
END: Bring the right foot back to a ready posture.



Parallel ready stance toward D.



Previous Posture



Side View



Top View



