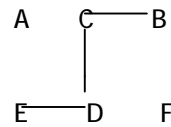


DO-SAN

Diagram: A Step



Ready Posture: Parallel Ready Stance

1. Move the left foot to B forming a left walking stance, while executing a high side block with the left outer forearm.
2. Execute a middle punch to B with the right fist, while maintaining a left walking stance.
3. Move the left foot on line AB then turn clockwise to form a right walking stance, while executing a high side block with the right outer forearm.
4. Execute a middle punch to A with the left fist, while maintaining a right walking stance.
5. Move the left foot to D forming a right L. stance, while executing a middle knife-hand guarding block.
6. Move the right foot to D forming a right walking stance, while executing an obverse straight fingertip thrust to the middle section.
7. Twist the right hand together with the body anti-clockwise until the palm faces downward, then move the left foot to D, turning anti-clockwise to form a left walking stance, at the same time execute a high side strike with the left back fist.
8. Move the right foot to D forming a right walking stance, at the same time execute a high side strike with the right back fist.
9. Move the left foot to E turning anti-clockwise to form a left walking stance, while executing a high side block with the left outer forearm.
10. Execute a middle punch to E with the right fist, while maintaining a left walking stance.
11. Move the left foot on line EF then turn clockwise to form a right walking stance, while executing a high side block with the right outer forearm.
12. Execute a middle punch to F with the left fist, while maintaining a right walking stance.
13. Move the left foot to CE forming a left walking stance, executing a high wedging block with the outer forearm.
14. Execute a middle front snap kick with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot forming a right walking stance, while executing a middle punch with the right fist.
16. Execute a middle punch with the left fist, while maintaining a right walking stance.
Perform 15 and 16 in a fast motion.
17. Move the right foot to CF forming a right walking stance, executing a high wedging block with the outer forearm.
18. Execute a middle front snap kick with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot forming a left walking stance, while executing a middle punch with the left fist.
20. Execute a middle punch with the right fist, while maintaining a left walking stance.
Perform 19 and 20 in a fast motion.
21. Move the left foot to C forming a left walking stance, executing a rising block with the left forearm.
22. Move the right foot to C forming a right walking stance, executing a rising block with the right forearm.
23. Move the left foot to B turning anti-clockwise to form a sitting stance toward D, executing a middle side strike with the left knife-hand.
24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D, executing a middle strike to A, with the right knife-hand.
END: Bring the right foot back to a ready posture.

