

Do-San (Volume08 225 to 280)

(index)

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

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

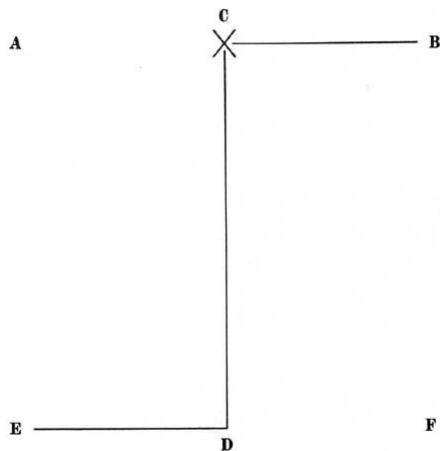
DIAGRAM: 

MOVEMENTS: 24

READY POSTURE: PARALLEL READY STANCE

225

DIAGRAM (*Yon Moo Son*)



226

Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



227

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.

228

The forearm becomes half facing the opponent.

Front View



Ready Posture



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

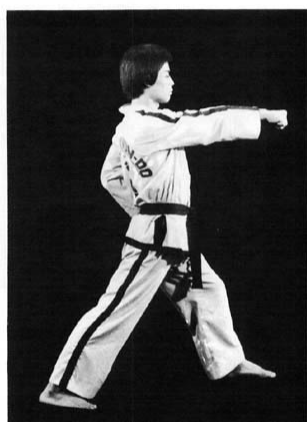


Application



229

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.

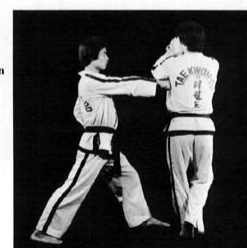
Previous Posture



Keep the right heel slightly off the ground.



Application



230

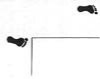
231

3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm



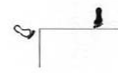
Right walking stance outer forearm high side block toward A.

Previous Posture



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



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233

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

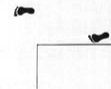


Right walking stance middle punch toward A.

Previous Posture



Keep the left heel slightly off the ground.



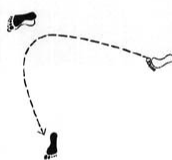
234

235

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.

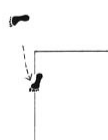


Right L-stance knife-hand middle guarding block toward D.



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Previous Posture



Application



Side View

237

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

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239

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 toward D with the left back fist.



Left walking stance back fist high side strike toward D.



240

Previous Posture



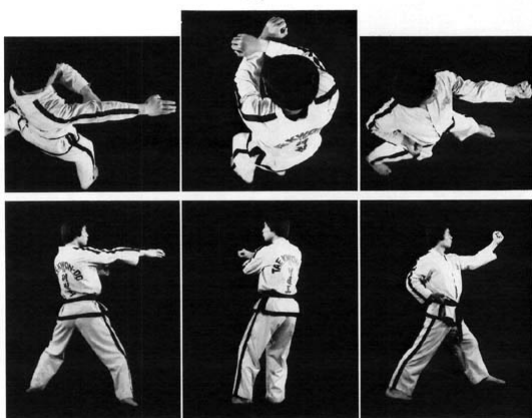
Keep the back fists faced upward, placing the striking one under the other.



Keep pivoting with both feet.

241

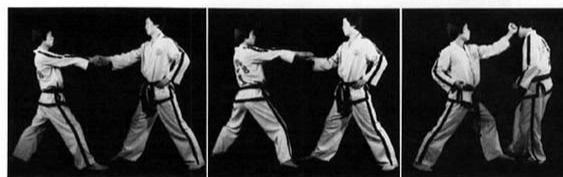
Top View



Side View

Application of No. 7

Side View



Wrist is grabbed.

Wrist is released.

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243

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.



244

Previous Posture



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



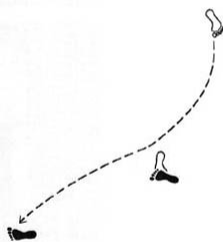
Application

245

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.



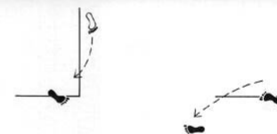
Left walking stance outer forearm
high side block toward E.



Previous Posture



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



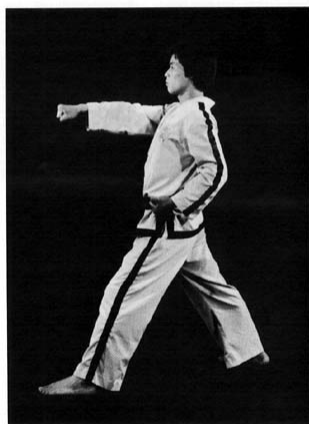
Application



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246

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.

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Previous Posture



Keep the right heel slightly off the ground.



Application

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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 toward 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

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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.

252

Previous Posture

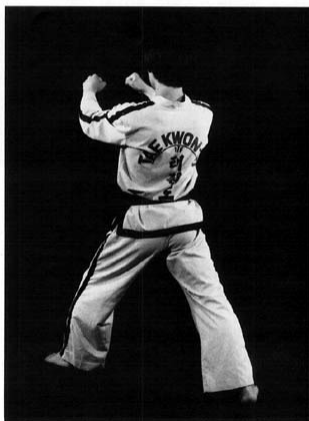


Keep the left heel slightly off the ground.



253

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.

254

Previous Posture



Application



Side View

Keep both back fists facing the opponent.



Top View



255

14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.



Middle front snap kick to CE with the right foot.

Previous Posture



Application



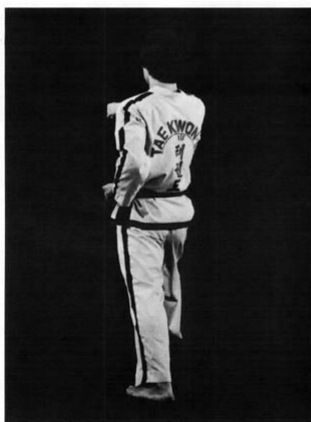
Side View



256

257

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.



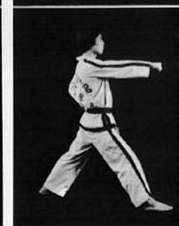
Right walking stance middle punch toward CE.



Previous Posture



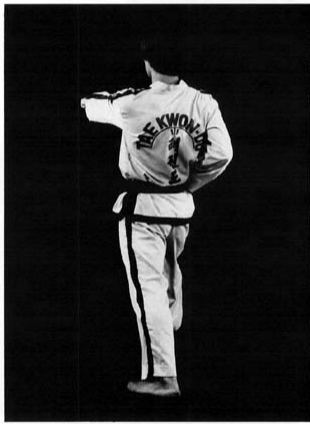
Side View



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259

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

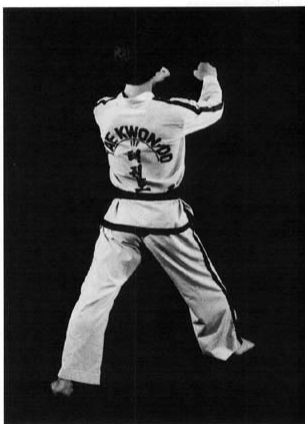


Side View

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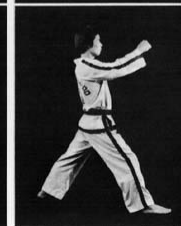
17. Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
Keep both back fists facing the opponent.



Right walking stance outer forearm high wedging block toward CF.



Previous Posture



Side View

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262

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

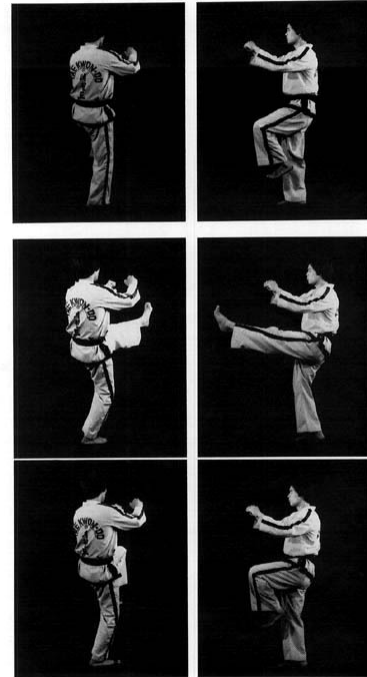


Previous Posture

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

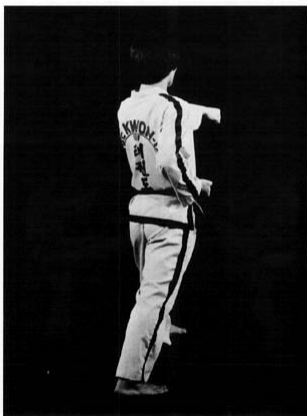
264

Side View



265

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.



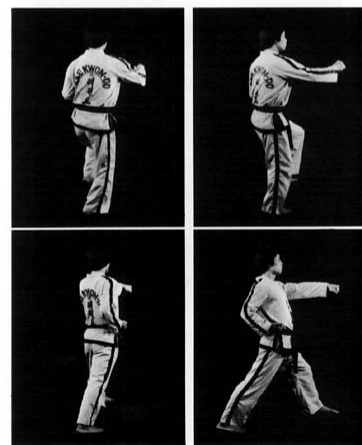
Left walking stance middle punch toward CF.

266

Previous Posture

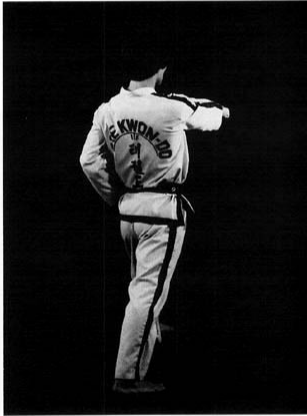


Side View



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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.

268

Previous Posture



Keep the right heel slightly off the ground.



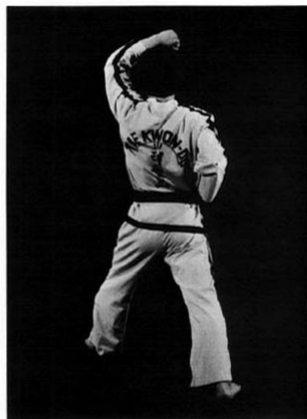
Side View



Top View

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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.

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Previous Posture

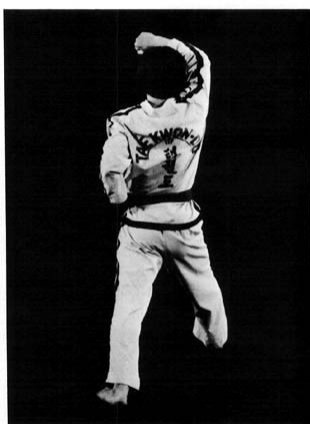


Other View



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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.



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Previous Posture



Other View

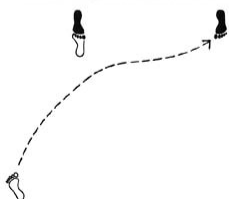


273

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.



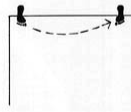
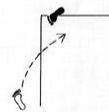
Sitting stance knife-hand side strike toward D.



274

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

Previous Posture



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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.



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Previous Posture



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.

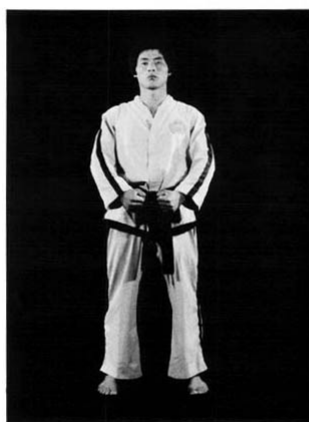


Application



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



Parallel ready stance toward D.



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Previous Posture



Top View

Side View



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