



KINETIC TAE KWON-DO

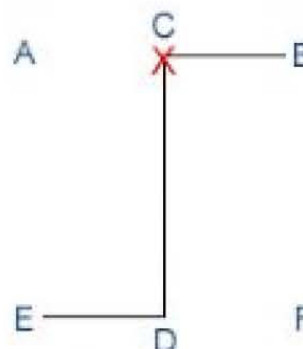
An ITF Martial Arts School

DO-SAN

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Movements - 24

Ready Posture - PARALLEL READY STANCE



- 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.
- 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 while 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 knife-hand.
- 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.

Ki-Hap

- 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.
- 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.
- 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.
- 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 while executing a high side block to F with the right outer forearm.



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- 12 Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
- 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.
- 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 right foot to CE forming a right walking stance toward 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 toward 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 left foot to CF forming a left walking stance toward 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 toward CF. Perform 19 and 20 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 while executing a rising block with the right forearm.

Ki-Hap

- 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.
- 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.

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