

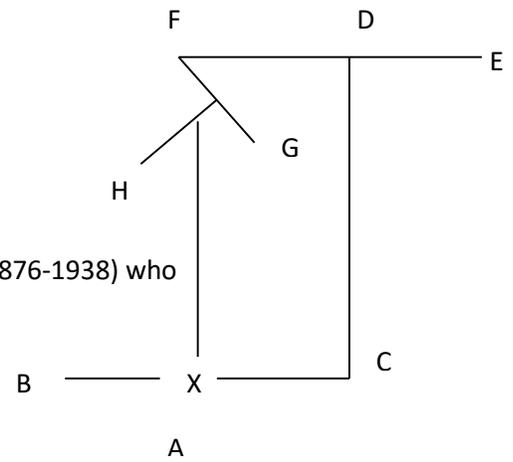


Do-San- 24 Moves- Is a pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education in Korea and its

Practiced by High Yellow Belts

Start from Chumbi Stance

1. From ready stance, move your left foot out towards B into a front stance; execute a left arm outer forearm block.
2. Keep feet where they are, execute a right hand middle section reverse punch.
3. Bring left foot back to right foot. Step out with your right foot into a front stance towards C and execute a right arm outer forearm block.
4. Keep feet where they are, execute a left hand middle section reverse punch.
5. Bring left foot up to right, and then move left foot towards D going into a back stance. Execute a knifehand guarding block.
6. Step forward with your right foot into a front stance; execute a right hand low spear finger.
7. Turn right hand palm down, step up and pivot counter clockwise all the way around to face D again into a left foot forward front stance. Execute a left hand spin backfist.
8. Step forward with your right foot into a front stance execute a right hand backfist strike.
9. Step up, pivot counter clockwise towards E into a left foot forward front stance, execute a left arm out forearm block.
10. Keep feet where they are, execute a right hand middle section reverse punch.
11. Bring left foot back to right foot. Step out with right foot into a front stance towards F; execute a right arm outer forearm block.
12. Keep feet where they are execute a left hand middle section reverse punch.
13. Bring left foot to right, turn to G, stepping out on a 45 degree angle into a left foot forward front stance executing a wedge block.
14. Keeping hand in the same position, execute a right back leg snap kick, re-chamber, aiming with the left hand
15. Set right leg down into a front stance and execute a right hand middle section punch.
16. Execute a left hand middle section punch.
17. Bring right foot back to left, turn towards H, stepping out on a 45 degree angle into a right foot forward front stance executing a wedge block.



18. Keeping hands in the same position, execute a left back leg snap kick, re-chamber, aiming right hand.
19. Set left foot down into a front stance and execute a left hand middle section punch.
20. Execute a right hand middle section punch.
21. Bring left foot back to right, step out with left foot towards A in a front stance, executing a left arm high section block.
22. Step forward with a right foot into front stance and execute a right arm high section block.
23. Step up your left foot to right foot, chambering for a left hand chop, pivot counter clockwise towards B landing in a horseback stance. Execute a left hand chop at throat level.
24. Looking over right shoulder, chamber for a right chop. Hop over towards C staying in a horseback stance; execute a right hand chop, throat level.

Return to Chumbi