

Do-San ()

24 Movements

"Is the pseudonym of the patriot Ahn-Chang-Ho. The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement."

Ready Stance A

1. Left Outer Forearm Block - Left Front Stance
2. Right Reverse Punch Middle - Left Front Stance
3. Right Outer Forearm Block - Right Front Stance
4. Left Reverse Punch Middle - Right Front Stance
5. Left Double Knifehand Block - Left Back Stance
6. Right Spearhand Middle - Right Front Stance
7. Left Backfist - Left Front Stance
8. Right Backfist - Right Front Stance
9. Left Outer Forearm Block - Left Front Stance
10. Right Reverse Punch Middle - Left Front Stance
11. Right Outer Forearm Block - Right Front Stance
12. Left Reverse Punch Middle - Right Front Stance
13. Twin Outer Forearm Block - Left Front Stance
14. Right Front Kick
15. Right Punch Middle - Right Front Stance
16. Left Reverse Punch Middle - Right Front Stance
17. Twin Outer Forearm Block - Right Front Stance
18. Left Front Kick
19. Left Punch Middle - Left Front Stance
20. Right Reverse Punch Middle - Left Front Stance
21. Left High Block - Left Front Stance
22. Right High Block - Right Front Stance
23. Left Knifehand Strike Middle - Sitting Stance
24. Right Knifehand Strike Middle - Sitting Stance