

7th Kup - Yellow Belt / Green Stripe

Do San

Number of movements: 24

Starting position: Parallel Ready Stance (Narani Chunbi Sogi).

Meaning of Pattern: Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938AD) who devoted his entire life to furthering the education of Korea and its independent movement.

General Terms

Thrust - Tulgi
Straight - Son
Spot Turn - Gujari Dolgi

Defensive Moves

Forearm Guarding Block - Palmok Daebi Makgi
Wedging Block - Hechyo Makgi
Release Move - Jappyosul Tae
High Outer Forearm Block - Nopunde Bakat Palmok Makgi

Parts of the Body

Fingertips - Sonkut
Back Fist - Dung Joomuk
Instep - Baldung

Offensive Moves

Straight Fingertip Thrust - Son Sonkut Tulgi
High Back Fist Side - Nopunde Dung Joomuk
Strike Yop Taerigi
45 Degree Kick - Bit Chagi