

## DoSan

- Dosan contains 24 movements .
- "Is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement."

Choonbee. Wait for begin command.

1. Turn Left 90 degrees, left walking stance, left outer forearm block.
2. reverse punch.
3. stomp, turn 180 degrees right, right walking stance, right outer forearm block
4. reverse punch
5. bring up your back leg and turn 90 degrees left, preparing a knifehand guarding block.
6. slide foot forward to a left L stance, left knifehand guarding block
7. step forward into a right walking stance, left hand rotates down to a horizontal position, right middle spearhand over your left arm.
8. turn left while twisting your right arm.
9. Complete your spin, stepping forward into left walking stance, left backfist strike.
10. step forward, right backfist strike.
11. Spin 270 degrees to a left walking stance, left outer forearm block.
12. reverse punch.
13. stomp, turn 180 degrees right, right walking stance, right outer forearm block
14. reverse punch
15. bring up your back leg and turn left 135 degrees. Slide left foot forward into left walking stance while performing wedging block.
16. right leg front snap kick,  
chamber hand positions for a right lunge punch.
17. step down into a right walking stance, right lunge punch, left reverse punch.
18. slide right foot in, cross arms,  
slide right foot out into a right walking stance, wedging block
19. left leg front snap kick,  
chamber hand positions for a left lunge punch
20. step down into a left walking stance, left lunge punch, right reverse punch.
21. slide left foot in, turning 90 degrees left, chambering position for an upper block  
slide left foot into a walking stance while left upper block.
22. slide right foot in, turning 90 degrees right, chambering position for an upper block  
slide right foot into a walking stance while right upper block.
23. spin left 315 degrees(to end up facing same direction as at start), horse stance,  
left knifehand strike.
24. while keeping height the same, slide left leg in, right leg out into horse stance, right knifehand strike.

End- wait for instructor's command to return to Choonbee