

Orange Belt / Do-San

Form Name: Do-San (*pronounced: Doe San*)

Do-San was leader who devoted his entire life towards improving the education system in Korea

~ 24 movements / 2 yells ~

The orange belt represents the late evening sun. The student has completed the first day's journey.

Technique

1. Left outer forearm block -----
2. Right middle punch -----
3. Right outer forearm block ---
4. Left middle punch -----
5. Left double Knifehand block-
6. Right spearhand strike (kihap)
7. Left spinning back fist-----
8. Right back fist -----
9. Left outer forearm block -----
10. Right middle block -----
11. Right outer forearm block ---
12. Left middle punch -----
13. Twin outer forearm block ---
14. Right front kick -----
15. Right middle punch -----
16. Left middle punch -----
17. Twin outer forearm block ---
18. Left front kick -----
19. Left middle punch -----
20. Right middle punch -----
21. Left high block -----
22. Right high block -----
23. Left Knifehand strike -----
24. Right Knifehand strike (kihap)

Stance

- Left Front
--
Right Front
--
Right Back
Right Front
Left Front
Right Front
Left Front
--
Right Front
--
Left Front
--
Right Front
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Left Front
--
Left Front
--
Left Front
--
Right Front
Middle
Middle

Ba-roh!

Right foot steps back to ready position

One steps

1. Left sidekick, right spinning front kick, right front kick/round kick, double outer forearm block.
2. Right palm pushing block, right elbow strike, right back fist, left spinning elbow strike, right spinning back elbow strike, double outer forearm block.
3. Right jumping front kick, right back fist, left punch, right punch, right roundhouse kick, double outer forearm block.
4. Left outer crescent kick, right sidekick, left spinning back fist, left Knifehand strike, right round kick, double outer forearm block.
5. Left sidekick, left Knifehand strike, left grab, right reversed punch, right sidekick, double outer forearm block.

