

APPLICABLE TO 7th KUP STUDENTS

DO-SAN Is the pseudonym of the patriot *Ahn Ch'ang-Ho (1876 - 1938)*. The **24** (*24 movements*) **movements** represent his entire life which he devoted to furthering the education of Korea and its independence movement.

TYPES OF APPLICATION:

Continuous Motion - ***YONSOK DONG JAK***

Performing two or more moves without pause or stopping, each move must be performed with its own breath control. i.e. Movements 13 & 14 in Dan-Gun.

Fast Motion - ***BARUN DONG JAK***

Two or more moves performed with a shorter time frame between the moves, each using an individual breath control. i.e. Movements 14 & 15 in Do-San.

Release from Grab - ***JAPPYOSUL TAE***

WORDS USED IN TRAINING HALL (DO-JANG)

Kick - ***CHAGI***

Block - ***MAKGI***

Punch - ***JOOMUK***

Strike - ***TAERIGI***

Thrust - ***TULGI***

Power - ***WI RYOK***

BODY PARTS

Solar Plexus Line - ***MYONG CHI SON***

Chest Line - ***GASSUM SON***

Shoulder Line - ***EUHKE SON***

DEFENSIVE TECHNIQUES:

High Wedging Block - ***NAPUNDE HECHYO MAKGI***

Outer forearm High Block - ***BAKAT PALMOK NAPUNDE MAKGI***

ATTACKING TECHNIQUES:

- Back fist High Side Strike - ***DUNG JOOMUK NAPUNDE YOP TAERIGI***
Straight Fingertip Thrust - ***SON SONKUT TULGI***

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

WALKING STANCE (Outer forearm) High Block
GUNNUN SO (Bakat Palmok) Napunde Makgi

WALKING STANCE (Straight Fingertip) Thrust
GUNNUN SO (Son Sonkut) Tulgi

WALKING STANCE (Backfist) High Side Strike
GUNNUN SO (Dung Joomuk) Napunde Yop Taerigi

SITTING STANCE (Knifehand) Side Strike
ANNUN SO (Sonkal) Yop Taerigi

NOTES:

- 3 Step Semi-Free Sparring - ***BAN JAYOO MATSOGI***

Comprising three techniques by the attacker, following the last attack, the defender should execute a counter attack to the defender.

Attacker's Ready position - 'L' Stance Forearm Middle Guarding Block

Defender's Ready position - 'L' Stance Forearm Middle Guarding Block

The six elements, which when combined, make up the *Theory of Power* comprise;
Concentration,
Reaction,
Equilibrium,
Mass,
Breath Control
Speed

GREEN Signifies the plants *growth* as the Taekwon-Do *skill begins to develop*.

