

Do-san

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Joombi
2. Lf 90° ccw front stance left outside forearm, right punch
3. Lf returns to joombi width, Rf 90° cw front stance rt outside forearm, lt punch
4. Rf matches to Lf, Lf 90° ccw back stance double knife hand block
5. Rf front stance rt spear hand strike
6. Pivot 90° ccw (still in front stance), drop rt arm down for palm block
7. Lf 270° front stance lt vertical back fist
8. Rf front stance rt vertical back fist. KIYAP!
9. Lf 270° ccw front stance left outside forearm block, rt punch
10. Lf matches to Rf, Rf steps out 90° cw front stance, rt outside forearm, lt punch
11. Rf matches to Lf, Lf steps out 30° left of center to front stance, double outside forearm block
12. Rf front snap kick, front stance double punch (Rt/Lt) (Rt hand is quick “rabbit” punch)
13. Rf steps to 30° right of center to front stance, double outside forearm block
14. Lf front snap kick, front stance double punch (Lt/Rt) (Lt hand is quick “rabbit” punch)
15. Lf 30° ccw to center line front stance lt high block
16. Rf front stance rt high block
17. Lf 90° ccw horse stance left reverse knife hand strike
18. Lf matches to Rf, rf steps out horse stance rt reverse knife hand strike. KIYAP!
19. Rf steps in. Ba rol.