



7th Kup



Pattern: Do-San 24 Moves (outlined in full on the last page)

Dosan is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his life to furthering the education of Korea and the independence movement.

Top Tips for performing Do-San

- The first combination at the beginning is the hardest; this is repeated 3 times throughout the pattern. Practice dropping the right knee as you square your shoulders before the punch.
- The punches just after the front snap kick (moves 15-16, 19-20) are done in “Fast Motion”.
- The last 2 moves are done in sitting stance, with both feet facing forwards. Showing the correct placement of your reaction hand is really important.

Aim to get to the next level

Tick when competent

For more details please ask your instructor








Technique to work on	Goal	
Side Kick	Aim for a controlled pelvis section kick with correct foot shape	<input type="checkbox"/>
Blocks	Know the correct technique for high outer forearm and wedging blocks	<input type="checkbox"/>
Reverse Punch	Properly execute moves 2 & 4 in Do-San	<input type="checkbox"/>
Fast Motion	Understand fast motion and how it is used in Do-San	<input type="checkbox"/>
Physical		
Press ups	Be able to complete 30 proper technique press ups	<input type="checkbox"/>
Star Jumps/Burpees/Sprites	Work on your overall aerobic fitness	<input type="checkbox"/>
Core strength	Plank for 120 seconds, Squats with a kettlebell or single leg	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



3 Step Sparring (Sambo Matsoki) (1-6)

The first 4 exercises are defended with the right leg going back first				
No	Measure and Attack	Defence	Counter	
1		Middle punch walking stance	Middle inner forearm block to the inside three times	Reverse punch
2	3 Step 2-way: As above, but after the first counter the attacker punches again 3 times stepping backwards. Defender then blocks stepping forwards and repeats the counter at the end.			
3		Low front snap kick walking stance	Low outer forearm block to the inside three times in walking stance	Low front snap kick off the front foot, drop to walking ready stance, hands by side
4		High punch walking stance	High outer forearm block three times in walking stance	High flat fingertip thrust
The following exercises are defended with the left leg going back first				
5		Middle punch L stance	Outer forearm inward block three times in L stance	Middle turning kick off the front foot, drop to L stance, hands by side
6		Knife hand side strike L stance	Knife hand guarding block to the inside three times in L stance	Right side piercing kick off the front foot, drop to L stance, hands by side

3 Step Semi-Free Sparring (Ban-Jayo Matsoki)

The attacker executes a series of attacks. The attacks are not pre-arranged as they would be with Step Sparring. Generally, one of the attacks is a kick. The defender defends of course, then the defender is allowed to counter with an attack.

Grading Theory to Revise	
Which front facing stance builds leg strength for other techniques	<input type="checkbox"/>
Meaning of “equilibrium” in the “Theory of Power”	<input type="checkbox"/>
Which of the “Tenets” means “exercising restraint?”	<input type="checkbox"/>
Remember the Korean terminology for the following	
Wedging Block: Hetchyo Makgi . “Hetchyo” means to separate or wedge apart	<input type="checkbox"/>
Release from Grab: Jappyosul Tae	<input type="checkbox"/>
Thrust: Tulgi as in the fingertip thrust you do in Do-San	<input type="checkbox"/>



7th Kup



Pattern: DO-SAN Moves: 24 Ready Position: Narani Chunbi Sogi			도선	
			Technique	
Step	Move	Stance	English	Korean
1	to left	left Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
2	stay		Middle section reverse punch	Kaunde Bandae Jirugi
3	180 right	right Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
4	forward	left Gunnun	Middle section reverse punch	Kaunde Bandae Jirugi
5	left 90	right Niunja	Knifehand guarding block	Kaunde Sonkal Daebi Makgi
6	forward	right Gunnun	Mid section straight fingertip thrust	Kaunde Sun Sonkut Tulgi
			Release from grab	Jappyosul Tae
7	360 turn	left Gunnun	High section back fist strike	Nopunde Dung Joomuk Taerigi
8	forward	right Gunnun	High section back fist strike	Nopunde Dung Joomuk Taerigi
9	270 turn	left Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
10	stay		Middle section reverse punch	Kaunde Bandae Jirugi
11	180 right	right Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
12	stay		Middle section reverse punch	Kaunde Bandae Jirugi
13	left foot 120	left Gunnun	High section wedging block	Nopunde Hetchyo Makgi
14	forward		Middle section front snap kick	Kaunde Ap Cha Busigi
15	land in	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
16			Middle section reverse punch	Kaunde Bandae Jirugi
17	right foot 60	right Gunnun	High section wedging block	Nopunde Hetchyo Makgi
18	forward		Middle section front snap kick	Kaunde Ap Cha Busigi
19	land in	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
20			Middle section reverse punch	Kaunde Bandae Jirugi
21	left foot 30	left Gunnun	Rising block	Chookyo Makgi
22	forward	right Gunnun	Rising block	Chookyo Makgi
23	270 turn	Annun	Middle knifehand strike	Kaunde Sonkal Taerigi Wen
24	180 turn	Annun	Middle knifehand strike	Kaunde Sonkal Taerigi Orun
End	Bring right foot back to Narani Chunbi Sogi			