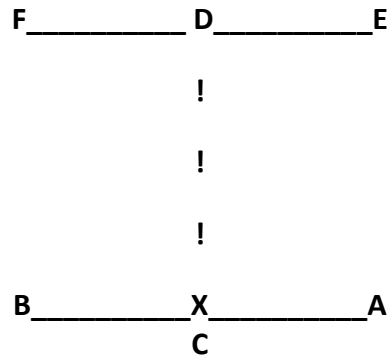


### #3 - DO-SAN PATTERN - (24 MOVEMENTS)



Ready Stance – Parallel Ready Stance

1. Move Left foot to 'B' (90 degrees counter-clockwise) forming Left front stance while executing High section block with Left outside forearm.
2. Maintain your stance and execute Middle section punch with Right fist.
3. Move Left foot on line 'AB' (180 degrees clockwise) forming Right front stance toward 'A' while executing High section block with Right outside forearm.
4. Maintain your stance and execute Middle section punch with Left fist.
5. Move Left foot to 'D' (90 degrees counter-clockwise) forming Right back stance while executing Middle section block with knife-hand.
6. Move Right foot forwards to 'D' forming Right front stance while thrusting with Right straight spear (vertical) finger.
7. (Twist Right hand to the left breaking the hold and simultaneously form a Left back stance) Move Left foot to 'D' turning 180 degrees counter-clockwise to form Left front stance and execute High section side strike with Left back fist.
8. Move Right foot to forwards 'D' forming Right front stance while executing High section side strike with Right back fist.
9. Move Left foot to 'E' (turning 270 degrees counter-clockwise) forming Left front stance while executing High section block with Left outside forearm.
10. Maintain your stance and execute Middle section punch with Right fist.
11. Move Left foot on line 'EF' (turning 180 degrees clockwise) forming Right front stance toward 'F' while executing High section block with Right outside forearm.
12. Maintain your stance and execute Middle section punch with Left fist.
13. Move Left foot (turning left 135°) to 'CE' (*Form a "cat-stance" left heel on right ankle crossing arms in front of chest. Then spring forward on CE line.*) forming a Left front stance at the same time execute High section wedging block with outer forearm.
14. Execute a Middle section front snap kick with Right foot keeping the position of hands as they were in #13 (wedging block).

15. Lower Right foot to 'CE' forming a Right front stance while executing Middle section punch with Right fist.
16. Execute Middle section punch with Left fist.  
\*Perform #15 and #16 in a fast motion
17. Move Right foot to 'CF' (90 degrees clockwise) into a *cat-stance right heel on left ankle crossing arms in front of chest then spring forward* forming Right front stance at the same time execute High section wedging block with outer forearm.
18. Execute Middle section front snap kick with Left foot keeping both hands as they were in #17 (wedging block).
19. Lower Left foot to 'CF' forming Left front stance while executing Middle section punch with Left fist.
20. Execute Middle section punch with Right fist.  
\*Perform #19 and #20 in a fast motion
21. Move Left foot to 'C' (45 degrees counter-clockwise) forming a Left front stance at the same time execute rising block with Left forearm.
22. Move Right foot to 'C' forming Right front stance at the same time execute rising block with Right forearm.
23. Move Left foot (turn counter-clockwise 270°) to 'B' forming Riding stance toward 'D' at the same time execute Middle section side strike with Left knife-hand.
24. Bring Left foot to Right foot and then move Right foot to 'A' forming Riding stance at the same time execute Middle section side strike with Right knife-hand.

End. Maintain the last step until the "return to ready stance" command is given then bring Left foot back to parallel ready stance.

Pattern demonstrated: <https://blackbeltwiki.com/do-san> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-3-do-san>