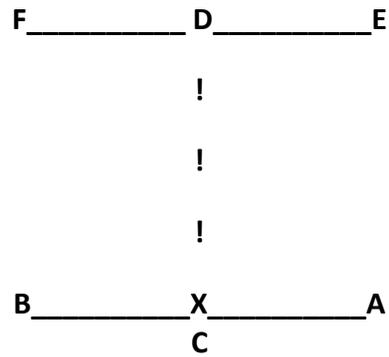


#3 - DO-SAN PATTERN - (24 MOVEMENTS)



Ready Stance – Parallel Ready Stance

- a.** Move the Left foot toward 'B', forming (~~Left front stance~~) a Right back stance while executing High section block with Left outside forearm.
b. In a continuous motion, slip the left foot forming a Left front stance to 'B.'
Note: the block is maintained as the Left foot slides to the Left front stance.
- Maintain your front stance and execute a Middle section punch with Right fist.
- a.** Move Left foot on line 'AB' (180 degrees clockwise), forming a (~~Right front stance~~) Left back stance toward 'A' while executing High section block with Right outside forearm.
b. In a continuous motion, slip the left foot forming a Right front stance to 'A.'
Note: the block is maintained as the Right foot slides to the Right front stance.
- Maintain your front stance and execute Middle section punch with Left fist.
- Move Left foot to 'D' (90 degrees counterclockwise), forming Right back stance while executing Middle section block with knife-hand.
- Move Right foot forward to 'D', forming Right front stance while thrusting with Right straight spear (vertical) finger.
- Twist Right hand to the left, breaking the hold, and simultaneously form a Left back stance. Move Left foot to 'D', turning 180 degrees counterclockwise to form Left front stance and execute High section backfist side strike with Left fist.
- Move the Right foot forward to 'D', forming the Right front stance while executing the High section backfist side strike with the Right fist.
- a.** Move the Left foot toward 'E' (turning 270 degrees counterclockwise), forming (~~Left front stance~~) a Right back stance while executing High section block with Left outside forearm.
b. In a continuous motion, slip the left foot forming a Left front stance to 'E'.
Note: the block is maintained as the Left foot slides to the Left front stance.
- Maintain your Front stance and execute Middle section punch with Right fist.
- a.** Move Left foot on line 'EF' (turning 180 degrees clockwise), forming a (~~Right front stance~~) Left back stance toward 'F' while executing High section block with Right outside forearm.
b. In a continuous motion, slip the left foot forming a Right front stance to 'F'.
Note: the block is maintained as the Right foot slides to the Right front stance.

12. Maintain your Front stance and execute Middle section punch with Left fist.
13. Move Left foot (turning left 135°) to 'CE', into a *"cat-stance" with the Left heel on the Right ankle. Then spring forward on CE line.* Then, form a Left front stance, simultaneously executing a High section wedging block with the 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" with the Right heel on the Left ankle. Then spring forward,* forming a Right front stance, and at the same time execute a 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 counterclockwise), forming a Left front stance, and at the same time execute rising block with Left forearm.
22. Move Right foot to 'C', forming Right front stance and executing rising block with Right forearm.
23. Move Left foot (turn counterclockwise 270°) to 'B', forming a Riding stance toward 'D', and at the same time execute a Middle section side strike with Left knife-hand.
24. Bring Left foot to Right foot and then move Right foot to 'A', forming Right stance and executing a Middle section side strike with Right knife-hand.

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

Pattern demonstrated: www.blackbeltwiki.com (ITF Taekwondo Patterns)

www.TaekwondoAnimals.com