

도선

Mid punch
1

High outer forearm block
2

Mid punch
3

High outer forearm block
4

Front stances (from side step turn)

Mid knife-hand guarding stick
5

Back stance

Mid is pear-hand (release)
6

Front stances

High side back-fist
7

Front stance (from 360° turn)

High side back-fist
8

Front stance

Mid punch
9

High outer forearm block
10

Front stances

High outer forearm block
11

Mid punch
12

Front stances (from side step turn)

Outward knife-hand strike
13

Sitting stance

Outward knife-hand strike
14

Sitting stance

Firing block
15

Front stance

Firing block
16

Front stance

Mid punch
17

Front stances

Mid punch
18

Front stances

High wedging block
19

Front stance

Mid front kick
20

Front stance

High wedging block
21

Front stance

Outward knife-hand strike
22

Sitting stance

Mid punch
23

Front stances

Mid front kick
24

Front stance

DO-SAN

The pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea. (24 movements)