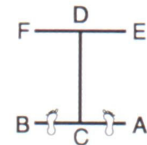


L.T.S.I. 7TH KUP SYLLABUS



DO-SAN
Movements - 24
Ready Posture - PARALLEL READY STANCE



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
 2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
 3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
 4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
 5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
 6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
 7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
 8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
 9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
 10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
 11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
 12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
 13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
 14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
 15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
 16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
 17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
 18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
 19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
 20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
 21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
 23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
 24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- END:** Bring the right foot back to a ready posture



Physical Performance:			
All Tuls	Do-San Tul plus all previous patterns with relevant terminology.		
Breaking	Side Piercing Kick. (Choice of leg) Turning Kick. (Choice of leg) Measuring utilising relevant part of the foot.	Adult males	1 x White Board
		Adult Females	1 x White Board
		Under 13's	Power meter 8.0 Req
Three step sparring			
Sparring	Three-step Sparring Same rules apply as in the 8th Kup syllabus - please refer for guidance. Kicks also need to be incorporated using relevant parts of foot.		
	Three Step Semi Free Sparring: Sambo Banjayu Matsogi Format: Attacker Move the right leg back into a right L stance using a middle section outer forearm guarding block. Shout and await reply before advancing 3 times (changing kicking leg with each advance) utilising all kicks learnt to date (viz. side piercing, front snap, turning and back). The counter attacking movement by the defender following the completion of the third attack should then be blocked, followed by a return to a parallel ready stance facing the defender. Defender Move the left leg into a parallel ready stance. Reply to the attackers shout before moving backwards 3 times utilising all blocks learnt to date in relevant L/Walking stances. After blocking the 3 attacks, counter attack using a combination of hand/foot techniques finishing in a relevant L Stance forearm guarding block position. On completion of the counter attack return to a parallel ready stance facing the attacker. Attacker & Defender to alternate roles. NOTE: A Shout (Kihup) MUST coincide with the delivery of the final of all counter attacking movements by the defender.		
Theory:			
1	Meaning of colour green: Signifies the plants growth as Tae Kwon-Do skill begins to develop.		
2	Do-San has 24 movements. It is the pseudonym (penname) of the patriot Ahn Chang Ho (1876 – 1938) who devoted his entire life to furthering the education of Korea and its Independent movement.		
3	Ready position for Do-San: Narani Junbi Sogi.		
4	All nine punches in Dan-Gun are High section (Nopunde), eye level. New Blocking Movements: Outer forearm High section side block: Bakat Palmok Nopunde Yop Makgi. Outer forearm High section wedging block: Bakat Palmok Nopunde Hechyo Makgi Forearm Guarding Block Palmok Daebi Makgi		
5	New Thrusting movement: Straight fingertip thrust: Sun Sonkut Tulgi		
6	Back Fist High Side Strike: Dung Joomuck Napunde Yop Taerigi		
7	Terminology for: Side piercing kick: Yop Cha Jirugi. (Using foot sword – Bakal) Turning Kick: Dollyo Chagi. (Using the ball of the foot – Apkumchi) Back piercing kick Dwit Cha Jirugi. (Using foot sword – Bakal)		
8	Must be able to describe and demonstrate all movements in Do-San. e.g. 1st movement: Wen Gunnun So, Bakat palmok Nopunde Yop Makgi. 6th movement: Orun Gunnun So, Sun-Sonkut Tulgi. 8th movement: Orun Gunnun So, Dung Joomok Nopunde Yop Taerigi. 24th movement: Annun So, Kaunde Sonkal Yop Taerigi		