



DO SAN

Parallel Ready Stance-Start on C Facing D

1. Move left foot to B left walking stance outer forearm high obverse side block.
 2. Middle reverse punch with right fist.
 3. Move left foot on line AB turn clockwise right walking stance outer forearm high obverse side block.
 4. Middle reverse punch with left fist.
 5. Move left foot to D right L-stance middle guarding block with knifehand.
 6. Move right foot to D right walking stance middle obverse straight fingertip thrust.
 7. Twist the right knifehand and the body to the left, palm facing down, move left foot to D turning counter clockwise, left walking stance high obverse side strike with the left backfist.
 8. Move right foot to D right walking stance high obverse side strike with right backfist.
 9. Move left foot to E left walking stance outer forearm high obverse side block.
 10. Middle reverse punch with right fist.
 11. Move left foot on line EF turn clockwise right walking stance outer forearm high obverse side block.
 12. Middle reverse punch with left fist.
 13. Move left foot to CE left walking stance outer forearm high wedging block.
 14. Middle front snap kick with the right foot keeping hands as they are.
 15. Lower right foot to CE middle obverse punch.
 16. Middle reverse punch.
- Perform 15 & 16 in a fast motion.
17. Move right foot to CF right walking stance outer forearm high wedging block.

18. Middle front snap kick with the left foot keeping hands as they are.

19. Lower left foot to CF middle obverse punch.

20. Middle reverse punch.

Perform 19 & 20 in a fast motion.

21. Move left foot to C left walking stance obverse forearm rising block.

22. Move right foot to C right walking stance obverse forearm rising block.

23. Move left foot to B sitting stance middle side strike with left knifehand.

24. Move left foot to right foot move right foot to A sitting stance middle side strike with right knifehand.

END - Bring right foot back to parallel ready stance.

