**DO SAN**

Orange Belt Form

Meaning: Named after the patriot Ahn Jang Ho, who devoted his life to furthering the education of Korea and its independence movement

Shape: Capital “I” with a V

Number of movements: 24

Kihap Points: 6 & 24

Begin at Ready Stance:

1-2. Turn 90 degrees left into left front stance outer forearm block, reverse punch

3-4. Turn 180 degrees belt side into right front stance outer forearm block, reverse punch

1. Left foot moves to meet right foot, turn 90 degrees belt side into right back stance double knife hand block
2. Step forward into right front stance spear hand thrust, KIHAP
3. Spin 360 degrees into left front stance back fist strike
4. Step forward right front stance back fist strike

9-10. Turn 270 degrees belt side into left front stance outer forearm block, reverse punch

11-12. Turn 180 degrees belt side into right front stance outer forearm block, reverse punch

13-16. Left foot moves to meet right foot, Turn 135 degrees belt side into left front stance choke block, rear leg front kick, right front stance double punch

17-20. Right foot moves to meet left foot, turn 90 degrees back side into right front stance choke block, rear leg front kick, left front stance double punch

21. Turn 45 degrees back side into left front stance rising block

22. Step forward right front stance rising block

23. Turn 270 degrees belt side into horse riding stance single knife hand chop

24. Slide to the right into single knife hand chop, KIHAP