

Name of Future Black Belt

Do-San Module

Photograph

“Great Spirits have always encountered violent opposition from mediocre minds”..Albert Einstein

Focus Area	E	P	R	Comments
10 press Ups (gentlemen on Knuckles)				
Sitting Stance—Double Punching				
Pattern Do-San Tul				
Twin Forearm block				
Wedging Block				
L Stance				
Knife hand strike –Outwards				
Forearm Guarding Block				
High Section outer forearm block				
Kicks—Front, side, turning,				
Rising Block				

Licence No

Date of Belt Graduation

Grading Fee

1 MODULE

2 MODULES

3 MODULES

4 MODULES

Examiner

Result

Examiner's

Name of Future Black Belt

Do-San Module

Photograph

"Fall seven times, stand up eight".....Japanese proverb about PERSEVERENCE

Topics	E	P	R	Comments Page 2	
Knife hand guarding block					
Knife hand block					
Low Block Rising Block Combination					
3 Step Sparring no. 7					
3 Step Sparring no. 8					
Previous Self Defence					
Single Lapel Grab Self Defence					
Achieving Goals					
Questions					
Questions					



1 MODULE

2 MODULES

3 MODULES

4 MODULES

Pattern “Do-San”

Module D

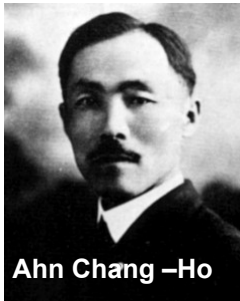


Movements - 24

Ready Posture - PARALLEL READY STANCE

Pattern meaning: DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1878-1938), who devoted his entire life to furthering the education of Korea and its Independent Movement.

Additional Background Information



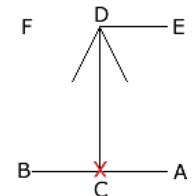
Ahn Chang –Ho

Ahn Chang-ho, pen name Dosan, (November 9, 1878 - March 10, 1938) was a Korean independence activist and one of the early leaders of the Korean immigrant community in the United States. He established the Young Korean Association and was a key member in the founding of the Provisional Government of the Republic of Korea in Shanghai. He was the father of Hollywood actor Philip Ahn.

Many consider Ahn Chang-ho to be one of the key moral and philosophical leaders of Korea during the 20th century. In the turmoil immediately before and during the Japanese occupation of Korea, he called for the moral and spiritual renewal of the Korean people through education as one of the important components in their struggle for independence.

In 1938, Do-san was arrested by Japanese authorities. Due to severe illness, he was released on bail and transferred to the Kyung Sung University hospital where he died on March 10, 1938. A memorial park and hall were built to honour him in Seoul. Another memorial was built in downtown Riverside, California to honour him.

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.

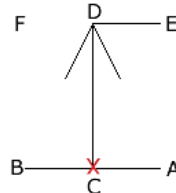


Pattern “Do-San”

Module

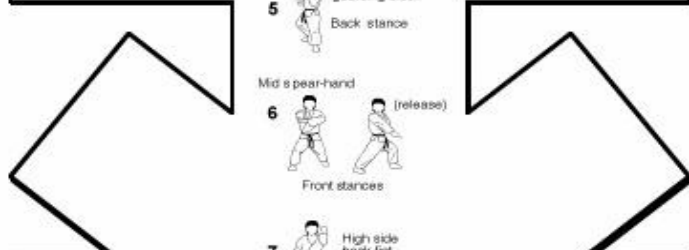
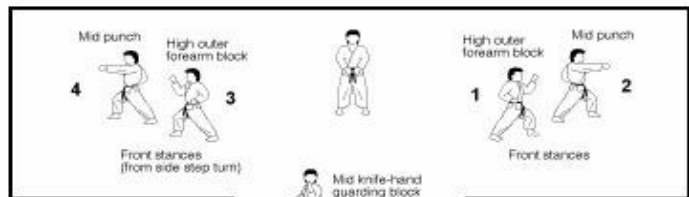


Do-San continued moves 9 –24

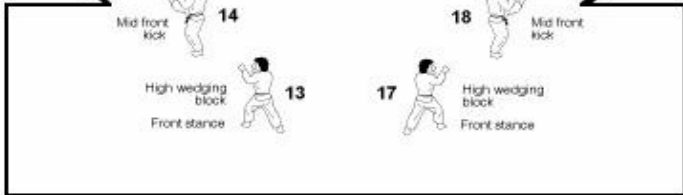
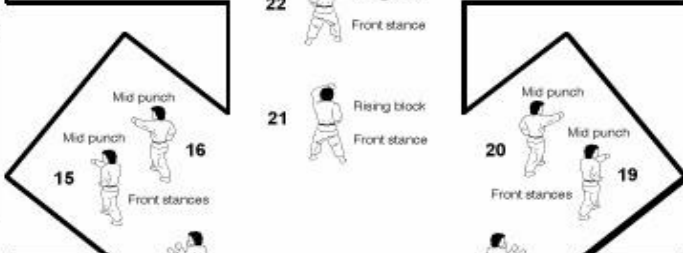
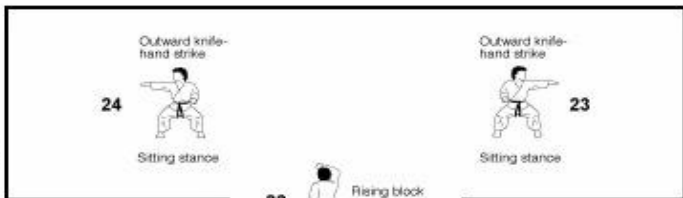


9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
 10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
 11. Move the left foot on line EF, and 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.

도산



도선



DO-SAN

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

Module Do-San



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	Describe how to make a “Walking Stance”	<p>A. Your weight is evenly distributed 50% / 50% over each leg.</p> <p>B. The stance is one shoulder width wide. (from the middle of each foot)</p> <p>C. The stance is one and a half shoulder widths long (from the middle of each foot)</p> <p>D. Front leg bent with the knee directly over the heel.</p> <p>E. The back leg straight</p> <p>F. The back leg foot is pointing as forward as possible without being uncomfortable</p> <p>G. The body is “square on” when punching and making rising block</p> <p>H. The body is “half side facing” when making low block ,middle block., High outer forearm block..... Sir/ (Ma’am)</p>
2	What does the name of the pattern “Do-San” signify?	<p>“Do-San” was a nickname for a Korean patriot , Ahn Chang –Ho. “Do-San” means “Beautiful Mountain” and this name was chosen to represent Ahn Chang Ho’s strong belief in non-violent action to restore independence to Korea. Ahn Chang-Ho devoted his entire life to the education of Korean people and the Independence movement. Sir (Ma’am)</p>
3	How many moves are there in Do-San pattern?	<p>24 moves , Sir/ Ma’am</p>
4	What do the Belt colours , white, yellow and green represent?	<p>See grading page in manual for answers</p>

Module Do-San



	Questions	Answers (Juniors under 12 only need to know the sections in red)
5	What are the 5 tenets of Tae kwon-do	Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit Sir/ Ma'am
6	Why do we need to tense our fist tightly when punching?	<p>A. Power can only be correctly transferred through a tense part of the body. If the fist is not tight then the power of the punch is absorbed into our own hand and wrist</p> <p>B. A tense fist flexes the muscles in the forearm protecting us from an injury to the wrist... Sir/ Ma'am</p>
7	Who founded Tae Kwon-do and when ?	Major General Choi Hong Hi, 9th Dan on the 11th April 1955.. Sir/ Ma'am
8	What is the Tae Kwon-do Oath?	See page in manual.
9	When making a “Wedging Block”, why should we keep the fists only one shoulder width apart and away from the body?	If we block and move the arms to wide apart or if they are too close to our body it is difficult to block the potential next attack...Sir/Ma'am
10	What is the “centre -line”	The “centre line” is an imaginary line that runs down the centre of our body and projects towards the attacker. When we punch and do front kick we aim to finish on our “centre-line”..Sir/ Ma'am
11	What is “timing”?	“Timing” is developed by constant practice. It is the ability to perfectly time our blocks so that the stop an attack. If we block too early or too late we can get hit...Sir/ ma'am

3 Step Sparring—Sambo Matsoki

Tips on performing Three-Step Sparring

Both attacker and defender should acknowledge their readiness with an exhale before moving

Never look at the ground

Maintain eye contact with the opponent

Attackers should punch centre with shoulders square

Defenders should block sideways facing with the correct blocking tool against the attackers forearm

Do not rush the movements and complete each attacking and defensive move

Perform the moves with realism

There are three ways to practice three-step:

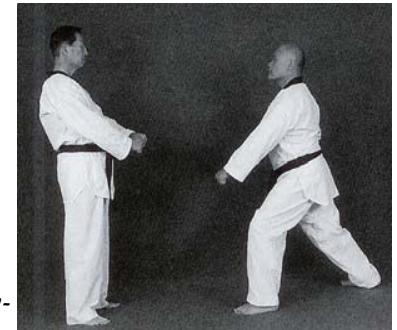
Alone: Attacking and defending moves are practised without a partner.

One-way: This is how 3-step is traditionally performed with the attacker moving forwards and the defender moving backwards.

Variations: Reversing everything. Eg Attacker steps back on the left leg low block, and change the leg first stepped back on for each 3 step sequence. Also higher grades can create their own 3 step sparring routines.



The start position prior to the first attacking punch in 3 step sparring





3 Step Sparring — Sambo Matsoki

Three-step is the initial introduction to sparring techniques allowing the beginner to develop proper distancing, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks, focusing and timing against an actual opponent. Three-step can be practised alone or with a partner.

How to perform Three-Step Sparring:

1. Both players face each other in parallel ready stance to begin
2. Both players bow to each other
3. At the command of '**measure**', the attacker forms a full walking stance with their right ball of the foot in line with the outside of the defender's left ball of the foot.
4. The attacker then pulls the foot back to ready stance. This is done only *once* before commencing the routine and by the first attacker only
5. At the command of '**CHUNBI**', the attacker steps back with their right leg to form a left walking stance with a left low outer forearm block and shouts (KIHAP)
6. At the command of '**SIJAK**', the attacker steps forwards three times in a walking stance with a middle obverse punch, while the defender steps back (sometimes to the side) three times with the set block then performs the counter-attack.
7. After each three-steps, the attacker pulls their front foot back to parallel ready stance and the defender brings their back foot forwards
8. The defender then becomes the attacker, stepping back into walking stance low outer forearm block before attacking
9. At the end of the routine, both attacker and defender should bow to each other

Move from sequence no3
of 3 Step Sparring





3 Step Sparring — Sambo Matsoki Sequences

	First Foot	Stance	Defending block	Counter Attack
1	Right	Walking stance	Middle inner forearm block to inside	Right reverse punch to the solar plexus
2	Left	L-stance	Middle inner forearm block to outside	Move left foot forwards on to the 45° angle then step right foot to outside the opponent's leg. L-Stance right outward knifehand strike to the temple, base of the skull or kidneys (on a tall opponent)
3	Left	L-stance	Middle inwards outer forearm block to inside	Right side backfist strike to the temple or right front backfist strike to the bridge of the nose..change stance to walking stance when striking
4	Left	L-stance	Middle outer forearm block to outside	On the 3 rd block step the left foot to the outside rather than back, forming a sitting stance facing the opponent. Execute a left slow motion measure punch followed by a fast double punch to the floating ribs
5	Right	L-stance	Middle outer forearm block to inside	On the 3 rd move step to the right forming a sitting stance facing the opponent whilst executing the 3 rd left middle outer forearm block and a right high punch to the chin (simultaneously)

3 Step Sparring — Sambo Matsoki Sequences



	First Foot Back	Stance	Defending block	Counter Attack
6	Right	L-stance	Middle outwards knifehand block to inside	On the 3 rd move step to the right forming a sitting stance facing the opponent whilst executing the 3 rd left middle outward knifehand block and a right high inwards knifehand strike to the side of the neck (simultaneously)
7	Right	L-stance	Middle outwards knifehand block to inside (twice only)	On the 3 rd move step 45° back to the right, L-Stance, middle knifehand guarding block. Right front snap kick to the solar plexus, landing in walking stance, double punch (left, right) to the chin
8	Left	L-Stance	Inwards palm block to the inside (twice only)	On the 3 rd move slide back at a 45° angle to the right, L-Stance middle forearm guarding block. Left side piercing kick to the solar plexus, landing in vertical stance, executing a high outward knifehand strike to the temple
9	Right	L-Stance	Inwards palm block to the outside (twice only)	On the 3 rd move slide back at a 45° angle to the left, L-Stance middle forearm guarding block. Right middle turning kick to the solar plexus, landing in vertical stance, executing a high outward knifehand strike to the temple