

Orange Belt

Form Name: Do-San (*Pronounced: Doe San*)
 Do-San was a teacher who devoted his entire life towards improving the education system in Korea.

24 Movements 2 Yells

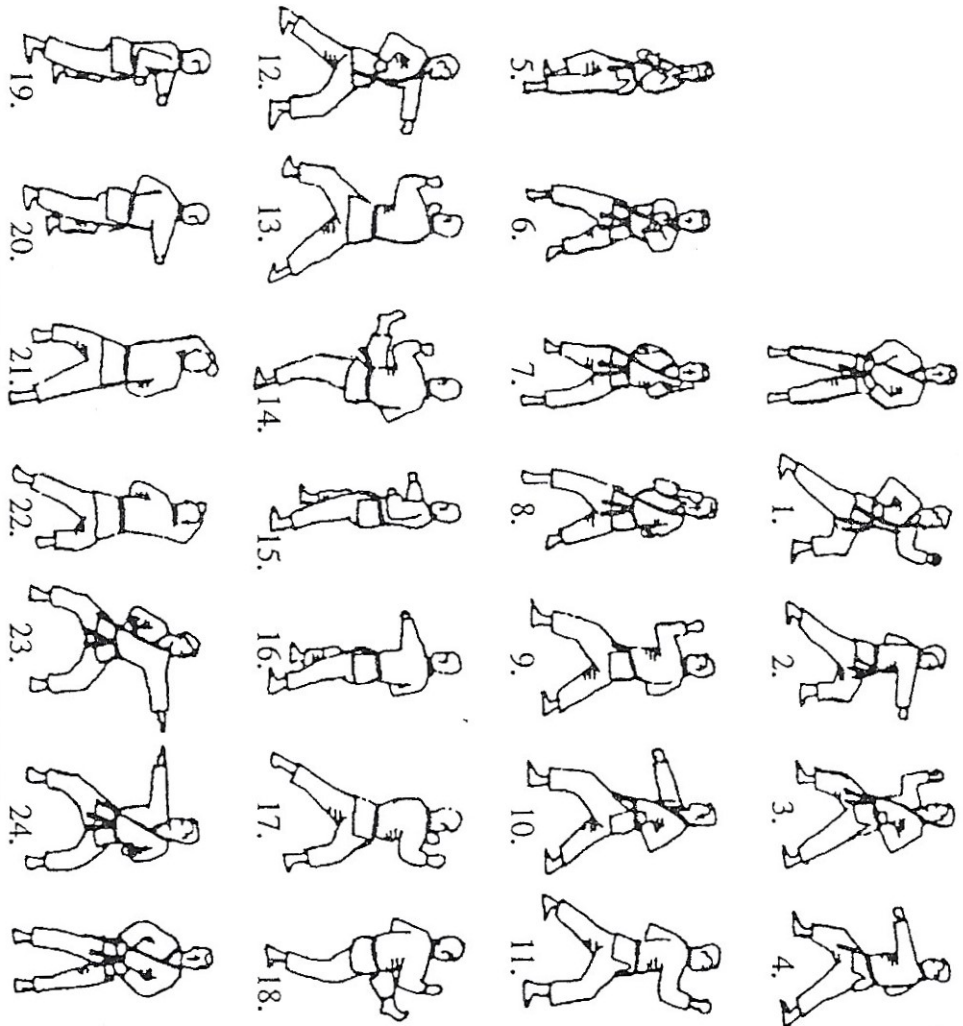
The orange belt represents the late evening sun.
 The student has completed the first day's journey.

ONE-STEPS

1. Left side kick. Right spinning front kick. Right front kick/round kick. Double outer forearm block.
2. Right palm pushing block. Right elbow strike. Right Backfist. Left spinning elbow strike. Right spinning back elbow strike. Double outer forearm block.
3. Right jumping front kick. Right backfist. Left punch. Right punch. Right roundhouse kick. Double outer forearm block.
4. Left outer crescent kick, right sidekick, left spinning backfist, left knifehand strike, right round kick, double outer forearm block.
5. Left sidekick, left knifehand strike, left grab, right reverse punch, right side kick, double outer forearm block.

FORM

TECHNIQUE	STANCE
1. L Single Outer Forearm Block	Left Front
2. Right Middle Punch	Right Front
3. R Single Outer Forearm Block	Right Front
4. Left Middle Punch	Right Back
5. Left Double Knifehand Block	Right Front
6. Right Spearhand Strike (<i>Kihap!</i>)	Left Front
7. Left Spinning Backfist	Right Front
8. Right Backfist	Left Front
9. L Single Outer Forearm Block	Left Front
10. Right Middle Punch	Right Front
11. R Single Outer Forearm Block	Left Front
12. Left Middle Punch	Right Front
13. Twin Outer Forearm Block	Left Front
14. Right Front Kick	Right Front
15. Right Middle Punch	Right Front
16. Left Middle Punch	Right Front
17. Twin Outer Forearm Block	Left Front
18. Left Front Kick	Left Front
19. Left Middle Punch	Left Front
20. Right Middle Punch	Left Front
21. Left High Block	Right Front
22. Right High Block	Right Front
23. Left Knifehand Strike	Middle
24. Right Knifehand Strike (<i>Kihap!</i>)	Middle



Bar-oh! Right foot steps back to ready position