

MANDHIR SINGH BOLLA'S SCHOOL OF TAE KWONDO

GREEN (4th grading)

DO SAN 24 moves

DO SAN is the pseudonym of the patriot An Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement.

1. Nopunde bakat palmok makgi

High outer forearm block

2. Kaunde bandae jirugi

Middle reverse punch

3. Nopunde bakat palmok makgi

4. Kaunde bandae jirugi

5. Kaunde sonkal daebi makgi

Middle knifehand guarding block

6. Kaunde son sonkut tulgi

Middle straight fingertip thrust

7. Nopunde dung joomuk taerigi

high back fist strike

8. Nopunde dung joomuk taerigi

9. Nopunde bakat palmok makgi

10. Kaunde bandae jirugi

11. Nopunde bakat palmok makgi

12. Kaunde bandae jirugi

13. Nopunde hechyo makgi

High wedging block

14. Kaunde ap cha busigi

Middle front snap kick

15. Kaunde baro jirugi

Middle obverse punch

16. Kaunde bandae jirugi

17. Nopunde hechyo makgi

18. Kaunde ap cha busigi

19. Kaunde baro jirugi

20. Kaunde bandae jirugi

21. Chookyo makgi

Rising block

22. Chookyo makgi

23. Kaunde sonkal taerigi (wen)

Middle knifehand strike

24. Kaundae sonkal taerigi (orun)

3 STEP SPARRING 5-8

Sambo matsoki