

**Do-San**  
**Parallel Ready Stance**

1. Step left foot into a left walking stance (facing west) while executing a (straight) outer forearm block.
2. Maintain left walking stance while executing a (middle) reverse punch to the west.
3. Half-step left foot to the north, turn clockwise and step right foot into a right walking stance (facing east) while executing a (straight) outer forearm block.
4. Maintain right walking stance while executing a (middle) reverse punch to the east.
5. Step left foot into a right L-stance (facing north) while executing a double knife-hand block.
6. Step right foot into a right walking stance (facing north) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
7. Maintaining hand locations, snap left foot into a right rear-foot stance (facing south) while breaking a right wrist grab from the north (rotate right palm counterclockwise to face east).
8. Spin counterclockwise on right foot and step left foot into a left walking stance (facing north) while executing a (high, outward) straight back-fist strike.
9. Step right foot into a right walking stance (facing north) while executing a (high, outward) straight back-fist strike.
10. Spin counterclockwise on right foot and step left foot into a left walking stance (facing east) while executing a (straight) outer forearm block.
11. Maintain left walking stance while executing a (middle) reverse punch to the east.
12. Half-step left foot to the south, turn clockwise and step right foot into a right walking stance (facing west) while executing a (straight) outer forearm block.
13. Maintain right walking stance while executing a (middle) reverse punch to the west.
14. Snap left foot into a right rear-foot stance (facing southeast), fists crossed at wrists in front of the throat (palms facing toward you).
15. Step left foot into a left walking stance (facing southeast) while executing a wedging block.
- 16a. Maintain block while executing a (high, right leg) front snap kick to the southeast.
- 16b. Set down into a right walking stance (facing southeast) while executing a (middle) straight punch.
- 16c. Maintain right walking stance while executing a (middle) reverse punch to the southeast.
17. Snap right foot into a left rear-foot stance (facing southwest), fists crossed at wrists in front of the throat (palms facing toward you).
18. Step right foot into a right walking stance (facing southwest) while executing a wedging block.
- 19a. Maintain block while executing a (high, left leg) front snap kick to the southwest.
- 19b. Set down into a left walking stance (facing southwest) while executing a (middle) straight punch.
- 19c. Maintain left walking stance while executing a (middle) reverse punch to the southwest.
20. Step left foot into a left walking stance (facing south) while executing a (straight) high rising block.

21. Step right foot into a right walking stance (facing south) while executing a (straight) high rising block.
22. Spin counterclockwise on right foot and step left foot into a straddle stance (facing north) while executing a (middle; 'armpit', outward) left knife-hand strike to the west.
23. Step left foot to right foot then step right foot into a straddle stance (facing north) while executing a (middle; 'armpit', outward) right knife-hand strike to the east.

### **Move Right Foot To Paro**

Pattern Count: 23

(Techniques: 27)

Definition: **Do-San**: For the Se-Jong practitioner Do-San emphasizes the importance of developing confidence if one is to attain the freedom and independence as a human person. One way to develop that confidence is to accept the Four Respects of Se-Jong.  
( 8<sup>th</sup>. Grade-Gold Belt---Sunrise of Knowledge.)