**7th Kup Green Tag Grading Work**

**Pattern: Do San**

**Meaning:** DO-SAN is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938) who devoted his life to furthering the education of Korea and its independence movement.

**Line Work:**

RIGHT LEG BACK LOW SECTION BLOCK

STEPPING FORWARD BACK FIST SIDE STRIKE

STEPPING BACK KNIFEHAND GUARDING BLOCK

STEPPING FORWARD WEDGING BLOCK

STEPPING BACK KNIFEHAND STRIKE

STEPPING FORWARD SIDE KICK GUARDING BLOCK

STEPPING BACK INNER BLOCK

**3 Step Sparring:**

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

1. Right leg back walking stance, middle inner forearm block to the inside three times.

Counter attack = Reverse punch

2. Left leg back 'L' stance, middle inner forearm block to the outside three times.

Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.

3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.

Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.

4. Left leg back 'L' stance, middle inward forearm block to the outside three times.

Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.

5. Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously.

6. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck.

7.Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch.