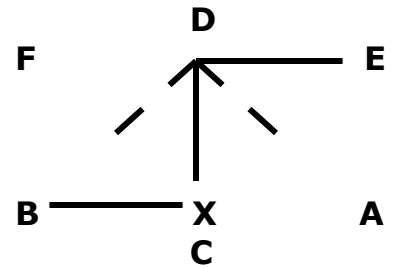


DO-SAN: 7TH GRADE HIGH-YELLOW BELT FORM



NEW BLOCKS: Outer Forearm Block,
Twin Outer Forearm Block
NEW STRIKES: Reverse Punch, Vertical Spearhand, Backfist
NEW KICKS: #2 Front Kick
NEW STANCES: Middle Stance

READY STANCE: Left Parallel Ready Stance

1. Left foot steps to B into left front stance, left outer forearm block.
2. No step. Right reverse punch to mid section.
-
3. Left foot steps to line AB. Right foot steps clockwise to A into right front stance, right outer forearm block.
4. No step. Left reverse punch to mid section.
-
5. Left foot steps to D into right back stance, left double knifehand block.
6. Right foot steps to D into right front stance, right vertical spearhand (back of left open hand is placed under right elbow) to mid section.
-
7. Twist right vertical spearhand downward counter clockwise. Left foot steps counter clockwise to D into left front stance, left backfist strike to high section.
8. Right foot steps to D into right front stance, right backfist strike to high section. **KIHAP**
-
9. Left foot steps counter clockwise to E into left front stance, left outer forearm block.
10. No step. Right reverse punch to mid section.
-
11. Left foot steps to line EF. Right foot steps clockwise to F into right front stance, right outer forearm block.
12. No step. Left reverse punch to mid section.
-
13. Left foot steps counter clockwise to CE into left front stance, twin outer forearm block.
14. Right #2 front kick.
15. Right foot steps down to CE into right front stance, right punch to mid section.
16. No step. Left reverse punch to mid section.

17. Right foot steps to CF into right front stance, twin outer forearm block.
18. Left #2 front kick.
19. Left foot steps down to CF into left front stance, left punch to mid section.
20. No step. Right reverse punch to mid section.

21. Left foot steps to C into left front stance, left high block.
22. Right foot steps to C into right front stance, right high block. **KIHAP**

23. Left foot steps counter clockwise to B into middle stance, left knifehand strike to mid section.
24. Left foot steps to right foot. Right foot steps to A into middle stance, right knifehand strike to mid section.

END: Right foot steps back to ready stance.