

## **DO-SAN ONE-STEPS:**

1. Left outer crescent kick to block punch. Left foot steps down counter clockwise into left back stance, right #3 jump front kick. Right foot steps down into left back stance, right backfist to high section. Right foot steps into right front stance, left reverse punch to mid section. Right foot steps to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**
2. Right foot steps to right 45 degrees into right front stance, left reverse double knifehand block. Left #2 front kick. Left foot steps down into left front stance, right reverse horizontal spearhand to high section. Left horizontal spearhand to high section. Left #1 round kick, stepping down to right foot. Right foot steps back 45 degrees into right back stance, left double knifehand block. **KIHAP**
3. Left foot steps to left 45 degrees into left front stance, right reverse outer forearm block. Without stepping, shift clockwise into middle stance. Left punch to mid section. Right punch to mid section. Right #1 outer crescent kick, stepping back into side middle stance. Left #3 side kick, stepping down to right foot. Right foot steps back 45 degrees into right back stance, left double knifehand block. **KIHAP**