



# West Coast Taekwondo

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## Orange Belt Pattern DO-SAN (24 movements)

The pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

	Ready Stance A	
1	Left Outer Forearm Block	Left Front Stance
2	Right Reverse Punch Middle	Left Front Stance
3	Right Outer Forearm Block	Right Front Stance
4	Left Reverse Punch Middle	Right Front Stance
5	Left Double Knifehand Block	Left Back Stance
6	Right Spearhand Middle (Yell)	Right Front Stance
7	Left Backfist High	Left Front Stance
8	Right Backfist High	Right Front Stance
9	Left Outer Forearm Block	Left Front Stance
10	Right Reverse Punch Middle	Left Front Stance
11	Right Outer Forearm Block	Right Front Stance
12	Left Reverse Punch Middle	Right Front Stance

## ORANGE BELT SPARRING COMBINATIONS

- #1 Round Kick, Jab, Reverse Punch, **#2 Round Kick** (Yell)
- #3 Jump Side Kick, #2 Front Kick / Round Kick Combination, Lead Hand Backfist, **Reverse Punch** (Yell)
- #3 Jump Front Kick, Jab, Reverse Punch, #2 Double Round Kick, **Spin Side Kick** (Yell)

## STRIPES:

Black	I Wills (for Junior Students)
Yellow	Outer Forearm Block with 2-Step Front Stance, Spear Hand, Break Away/Spin Back Fist
Green	#3 Jump Front Kick, #3 Jump Side Kick, #2 Front / Round Combination
Blue	Do-San Half Form, Name of Form, Number of Moves & Meaning
Red	One-Step Freespar Combos 1, 2, & 3