



# West Coast Taekwondo

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## Orange Senior 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
13	Twin Outer Forearm Block	Left Front Stance
14	Right #2 Front Kick	
15	Right Punch Middle	Right Front Stance
16	Left Reverse Punch Middle	Right Front Stance
17	Twin Outer Forearm Block	Right Front Stance
18	Left #2 Front Kick	
19	Left Punch Middle	Left Front Stance
20	Right Reverse Punch Middle	Left Front Stance
21	Left High Block	Left Front Stance
22	Right High Block	Right Front Stance
23	Left Knifehand Strike Middle	Sitting Stance
24	Right Knifehand Strike Middle (Yell)	Sitting 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	Diagonal Front Stance/Twin Outer Forearm Block, Shift Front Foot High Block
Green	#1 Jump Front Kick, #2 Double Side Kick, #2 Inside Crescent Kick / Spin Side Kick Combination
Blue	Do-San Full Form, Name of Form, Number of Moves & Meaning
Red	One-Step Freespar Combos 1-3 and Freespar with Gear