

PATTERNS

DO - SAN

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

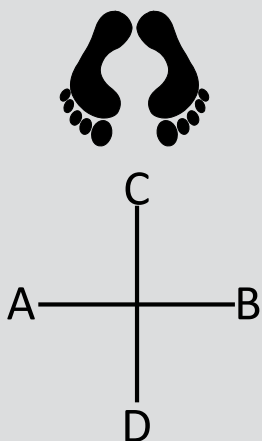
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

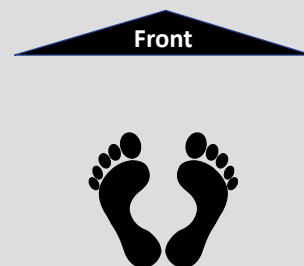
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Do-San is for 7th Kup and above

24 Movements

Ready position : Parallel ready stance

New Stances :
Sitting Stance

New Techniques :

Walking Stance Outer Forearm High Side Block
Walking Stance Straight Fingertip Thrust
Walking Stance Back Fist High Side Strike
Walking Stance Outer Forearm High Wedging Block
Sitting Stance Knife-hand Side Strike

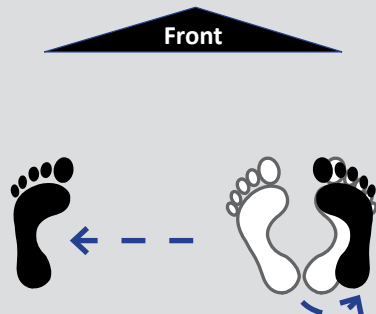
Middle Front Snap Kick

Meaning

Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life, which he devoted to furthering education in Korea and the Korean independence movement

Ready position

Parallel Ready Stance



- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.

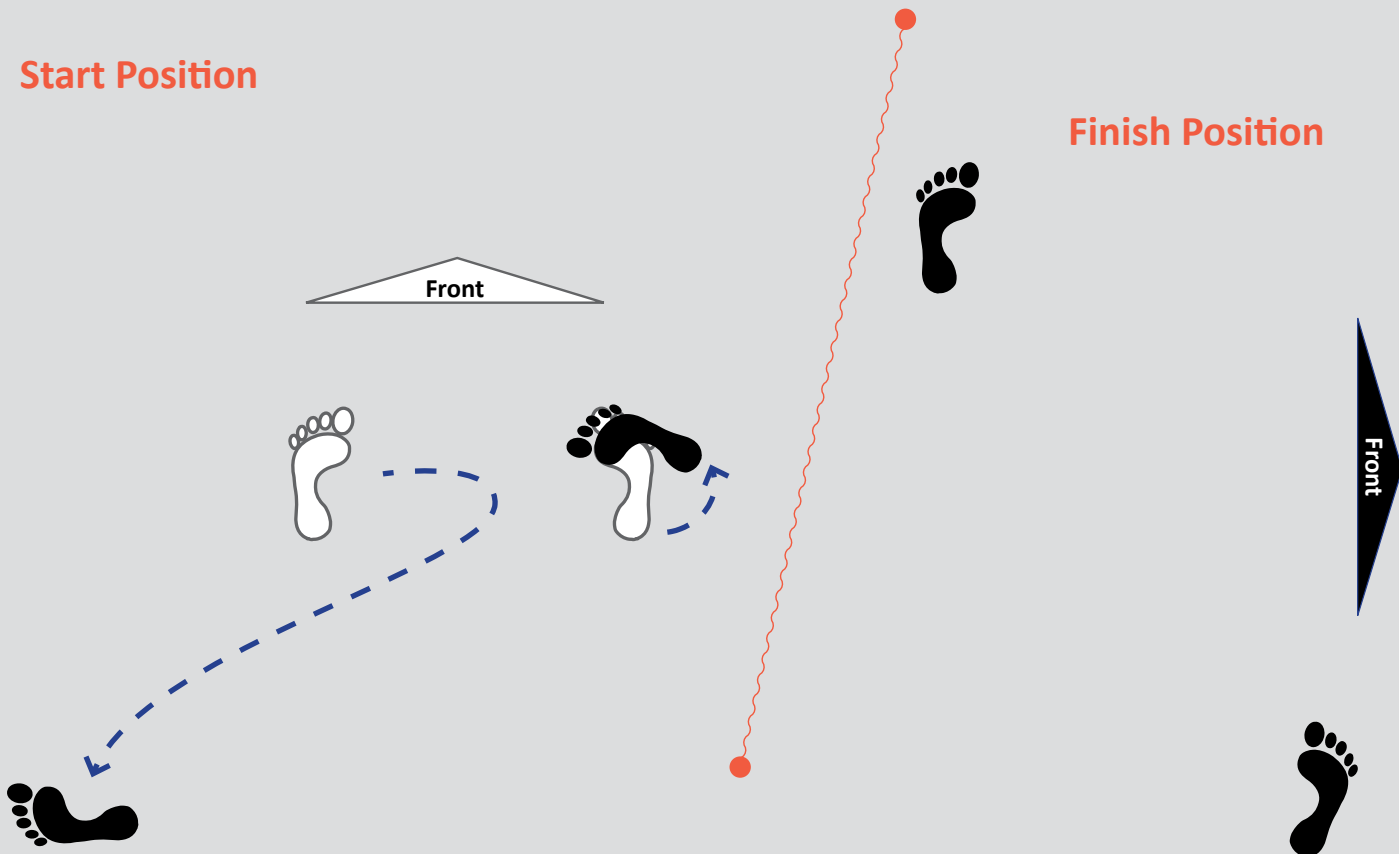


Pattern movements and techniques

1. Bring your weight onto your right foot, turn to the left and step forward into left walking stance outer forearm middle side block

Start Position

Finish Position



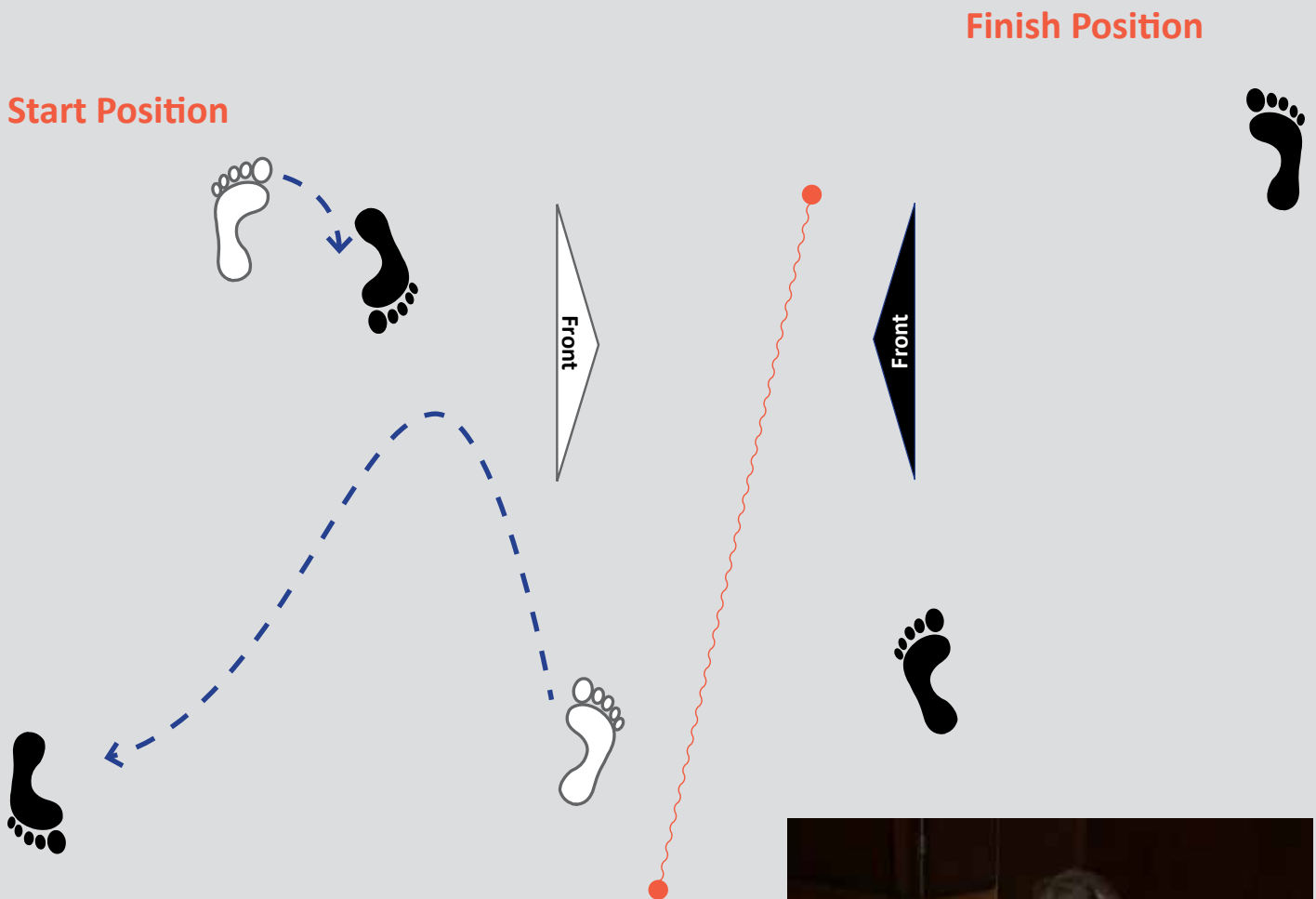
2. Right reverse punch



- Leave your feet where they are.
- You will need to drop your weight, raise it, and drop it again to generate sine wave.



3. Transfer your weight onto the left foot, turn 180° (1/2 turn) clockwise and step forward into right walking stance outer forearm middle block



- For the turn, bring your left foot back and in towards your center slightly.



4. Left reverse punch



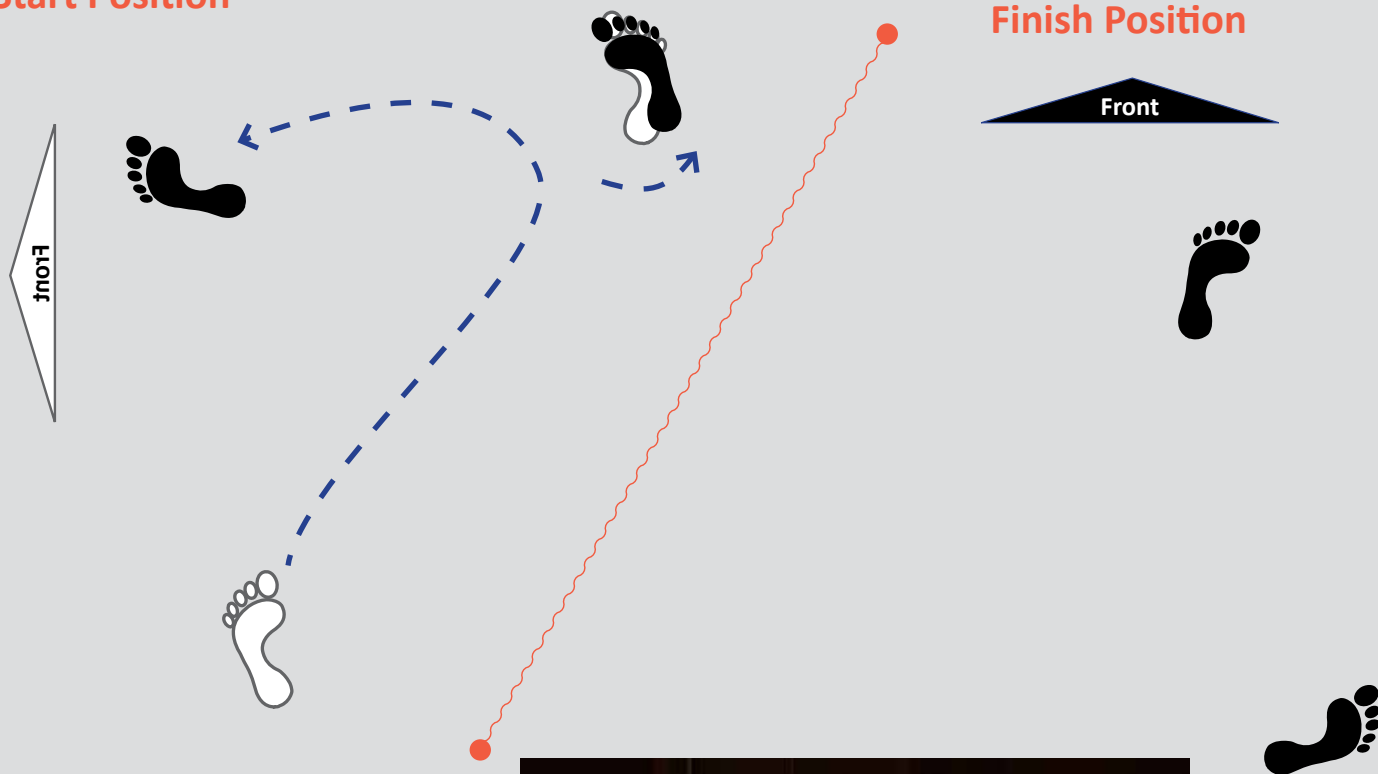
- Leave your feet where they are.
- You will need to drop your weight, raise it, and drop it again to generate sine wave.



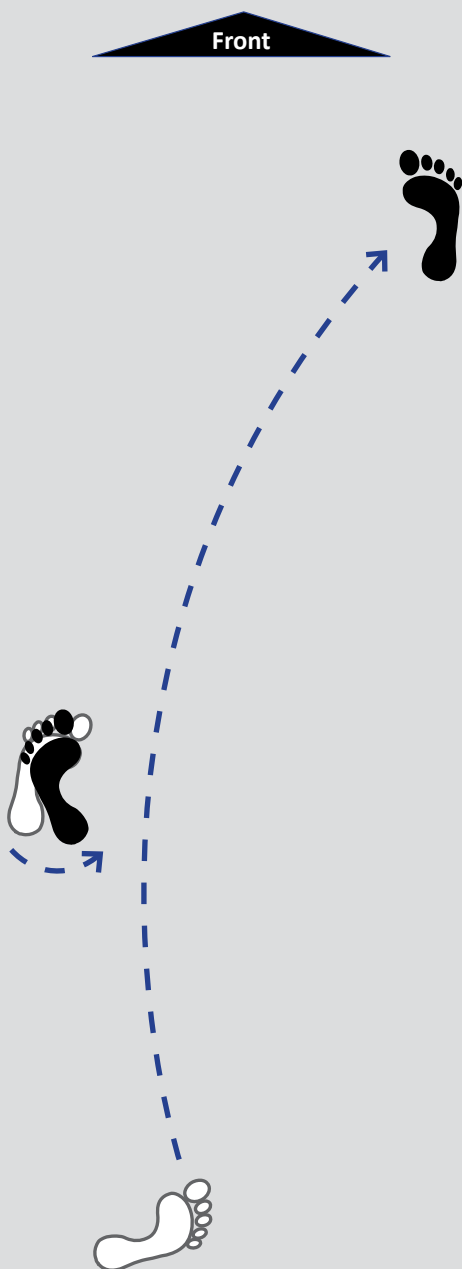
5. Bring your weight forward onto your right foot, turn to the left, and drop into right L-stance knifehand guarding block

Start Position

Finish Position



6. Step forward into right walking stance straight fingertip thrust



- The left hand drops down, and finishes under the right elbow, palm facing down.

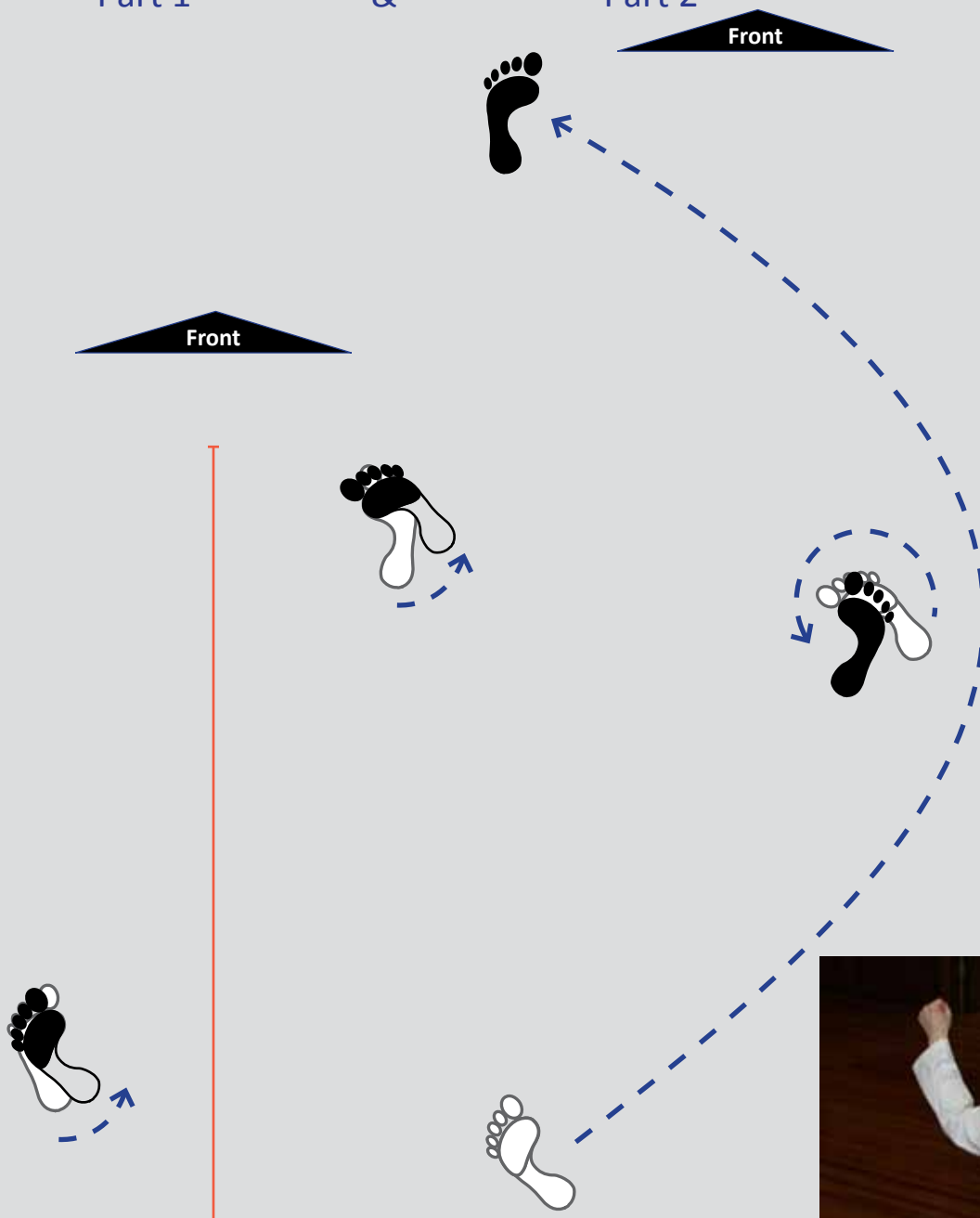


7. Pivot on the balls of your feet, twisting your body slightly, and driving your right hand forwards and downwards, so that it finishes palm down. Then bringing your weight onto the front foot, rotate 360° (full turn), finishing in left walking stance backfist side strike

Part 1

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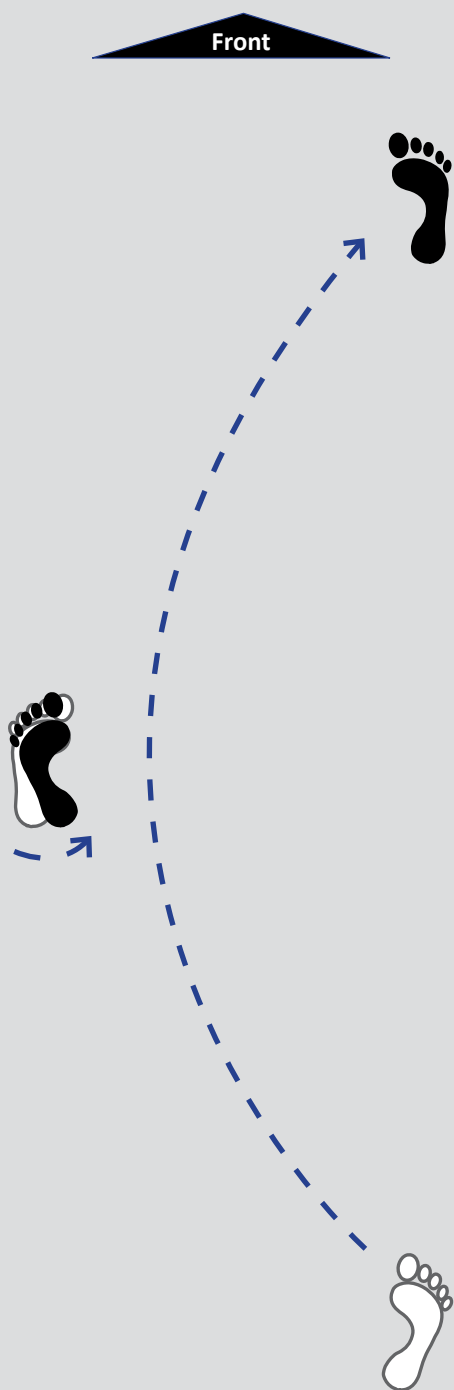
Part 2



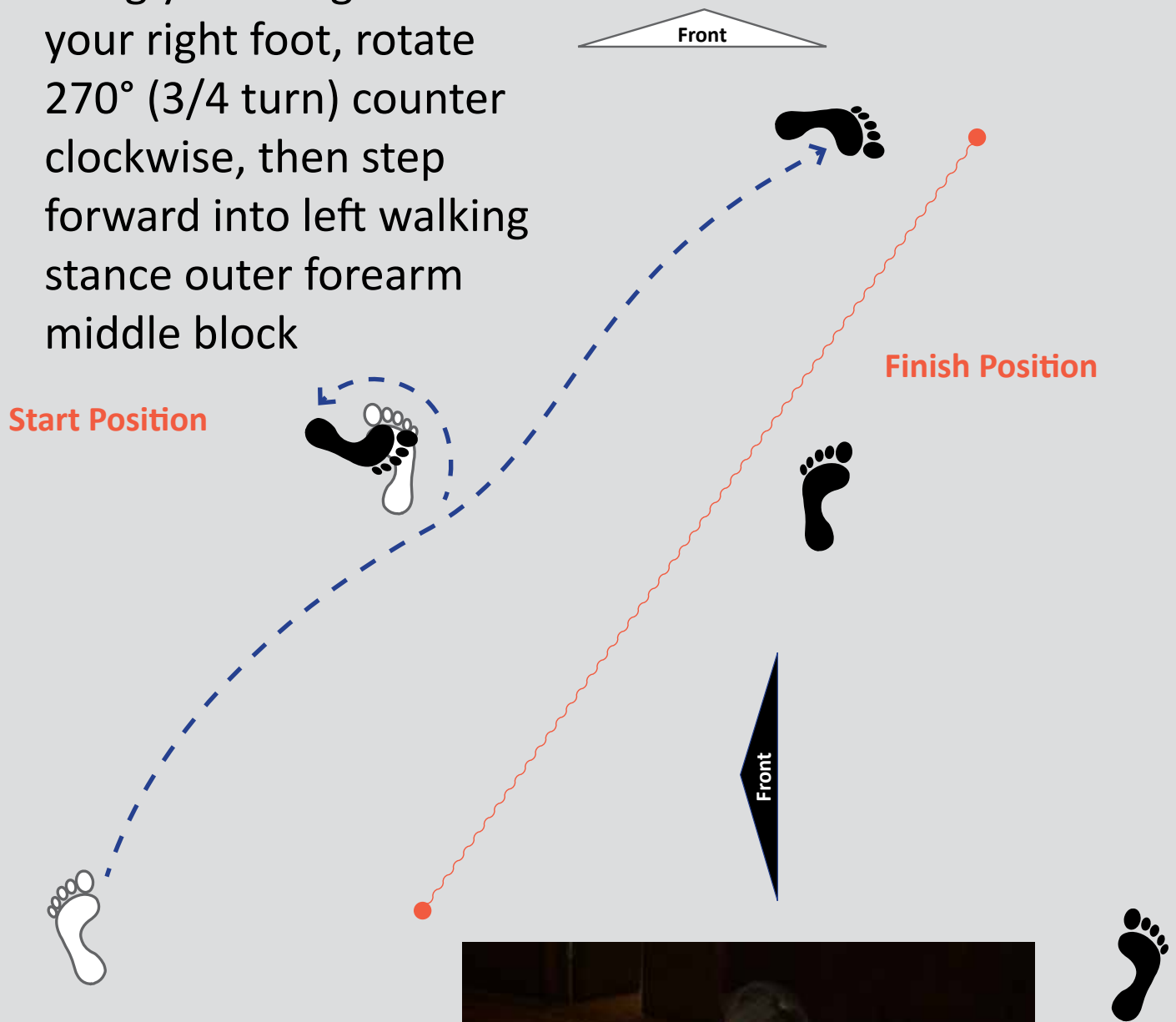
- Perform this as if it is two separate movements.
- For the first part of the movement, keep your left arm where it is.



8. Step forward into right walking stance backfist side strike



9. Bring your weight onto your right foot, rotate 270° (3/4 turn) counter clockwise, then step forward into left walking stance outer forearm middle block



10. Right reverse punch



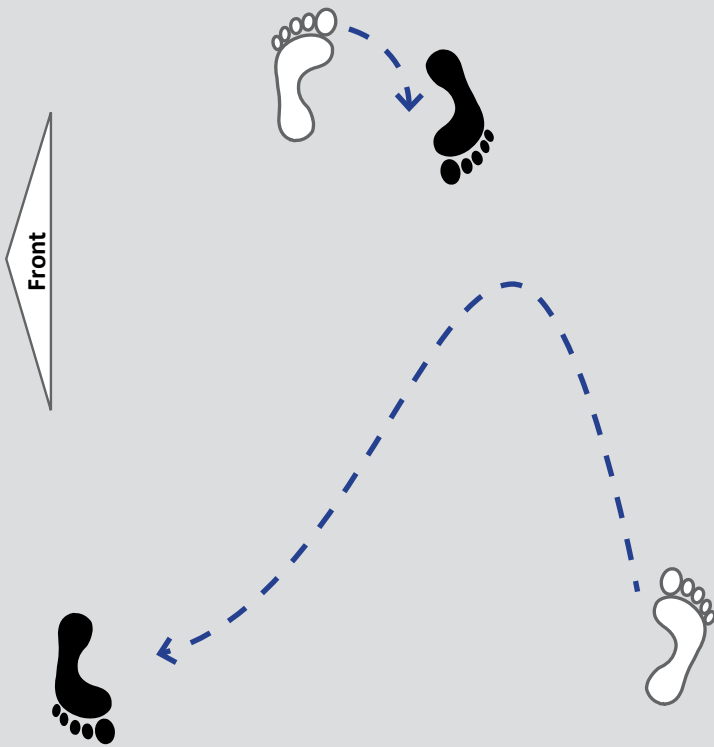
- Leave your feet where they are.
- You will need to drop your weight, raise it, and drop it again to generate sine wave.



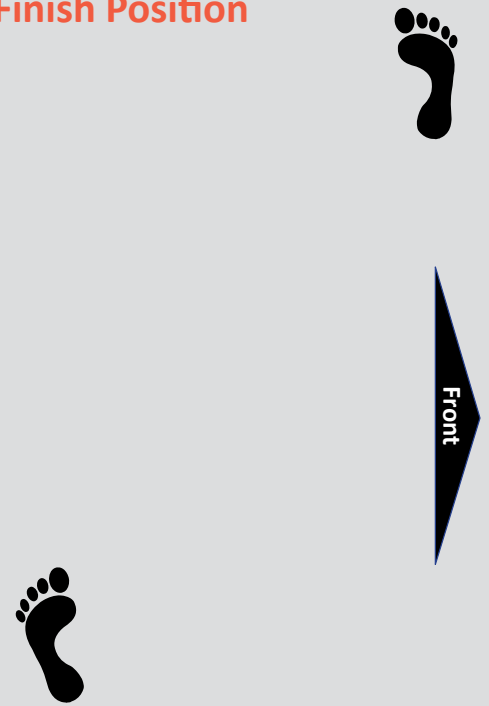
11. Transfer your weight onto the left foot, turn 180° (1/2 turn) clockwise and step forward into right walking stance outer forearm middle block

Start Position

- For the turn, bring your left foot back and in towards your center slightly.



Finish Position



12. Left reverse punch

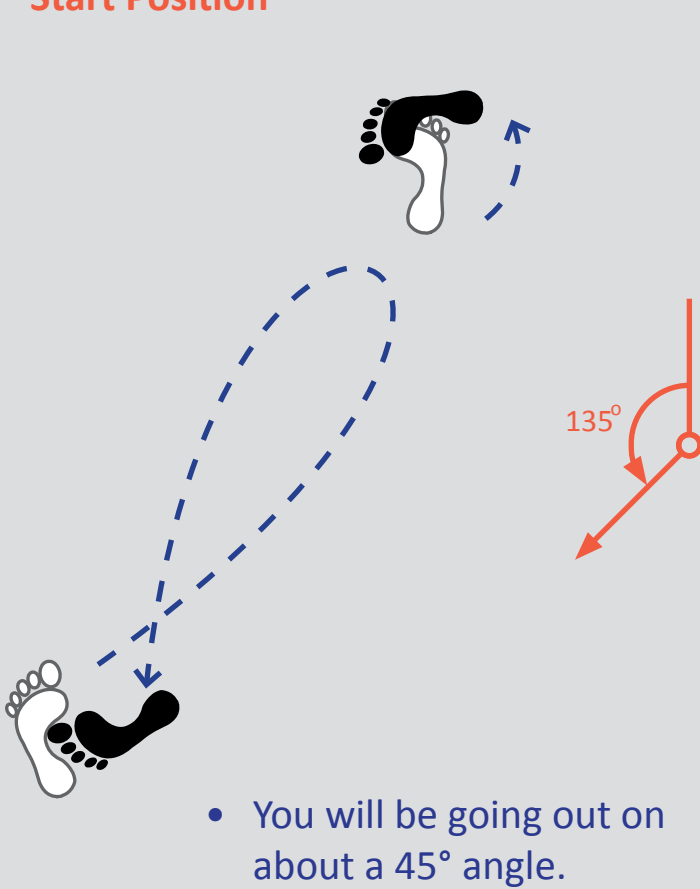


- Leave your feet where they are.
- You will need to drop your weight, raise it, and drop it again to generate sine wave.

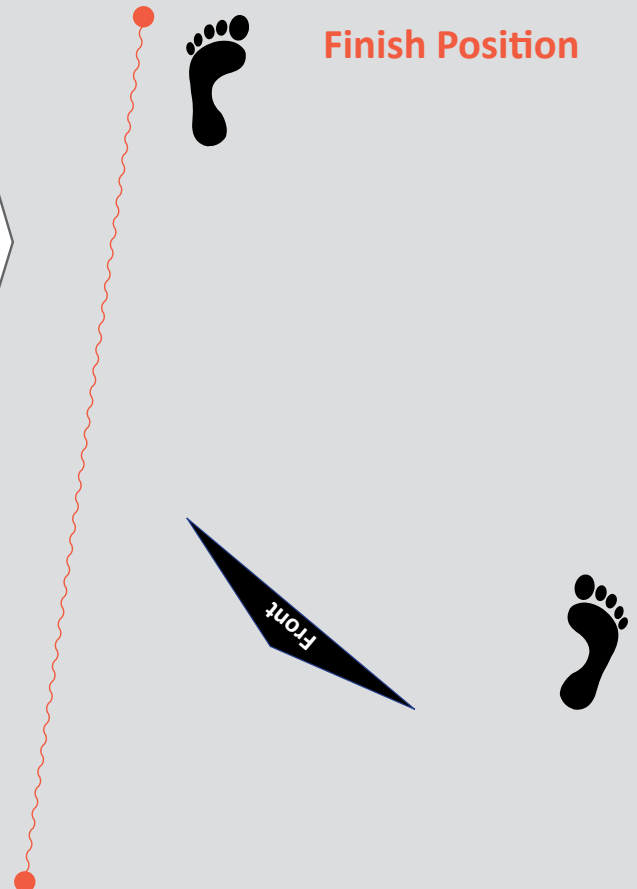


13. Bring your weight onto your right foot, then turn 135° counter-clockwise, and step forward into left walking stance high wedging block

Start Position



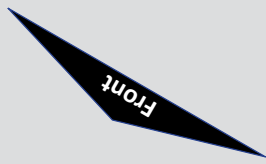
Finish Position



14. Right middle front snap kick



- Keep your hands where they are.
- This movement is followed immediately by the next two movements in one count.



15. After doing the kick, step down into right walking stance middle punch - **Fast motion into ..**



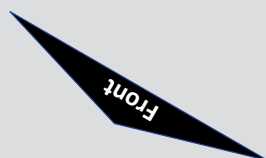
- This movement is followed immediately by the next movement (fast motion).



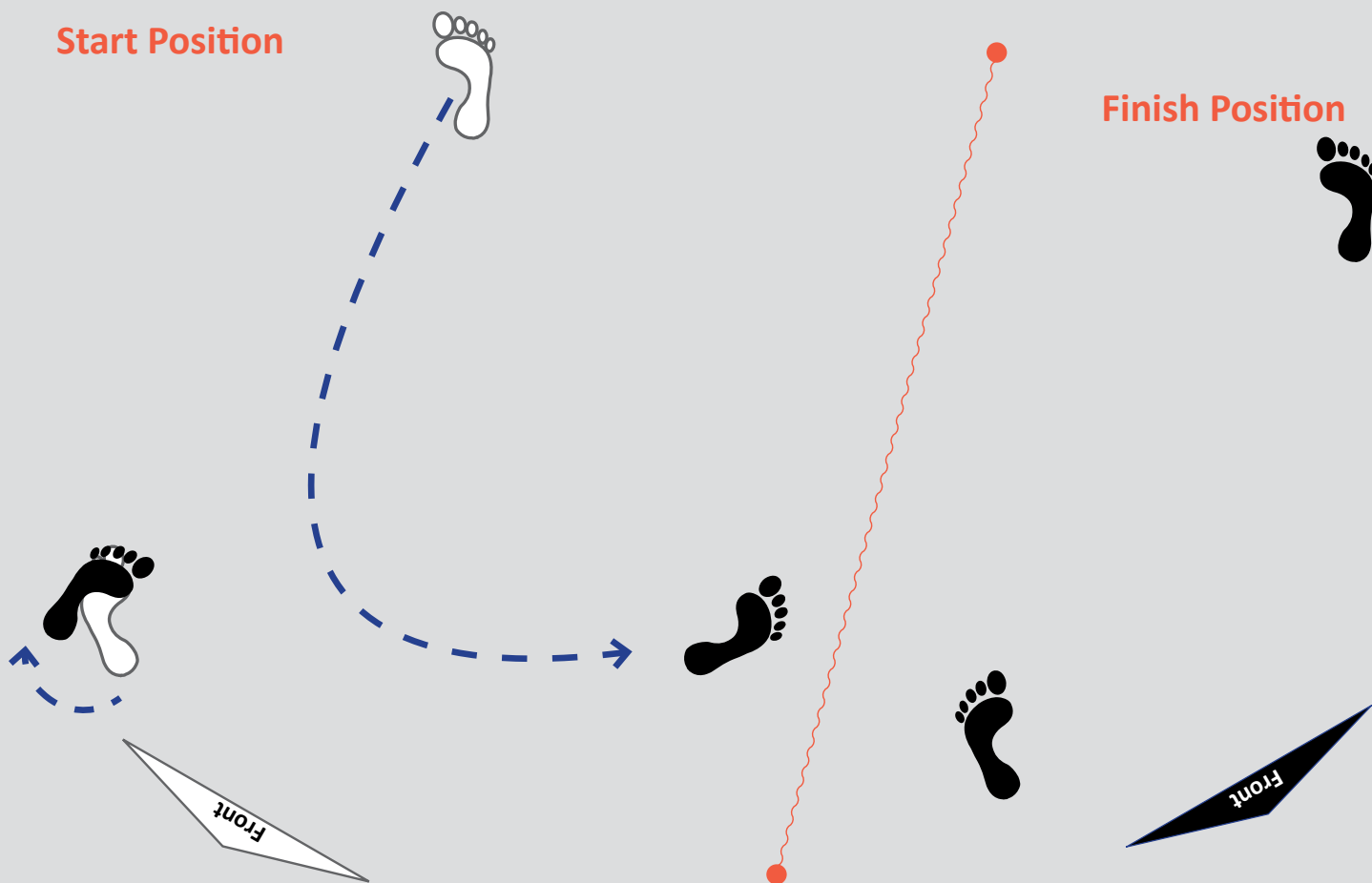
16. Left reverse punch



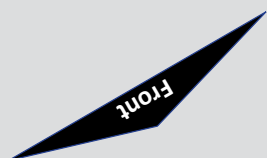
- Leave your feet where they are.
- This movement is done immediately after the last movement (fast motion).



17. Bring your weight onto your left foot, then turn 90°(1/4 turn) counter-clockwise, and step forward into right walking stance wedging block



18. Left middle front snap kick



- Keep your hands where they are.
- This movement is followed immediately by the next two movements in one count.

19. After doing the kick, step down into left walking stance middle punch



- This movement is followed immediately by the next movement (fast motion).



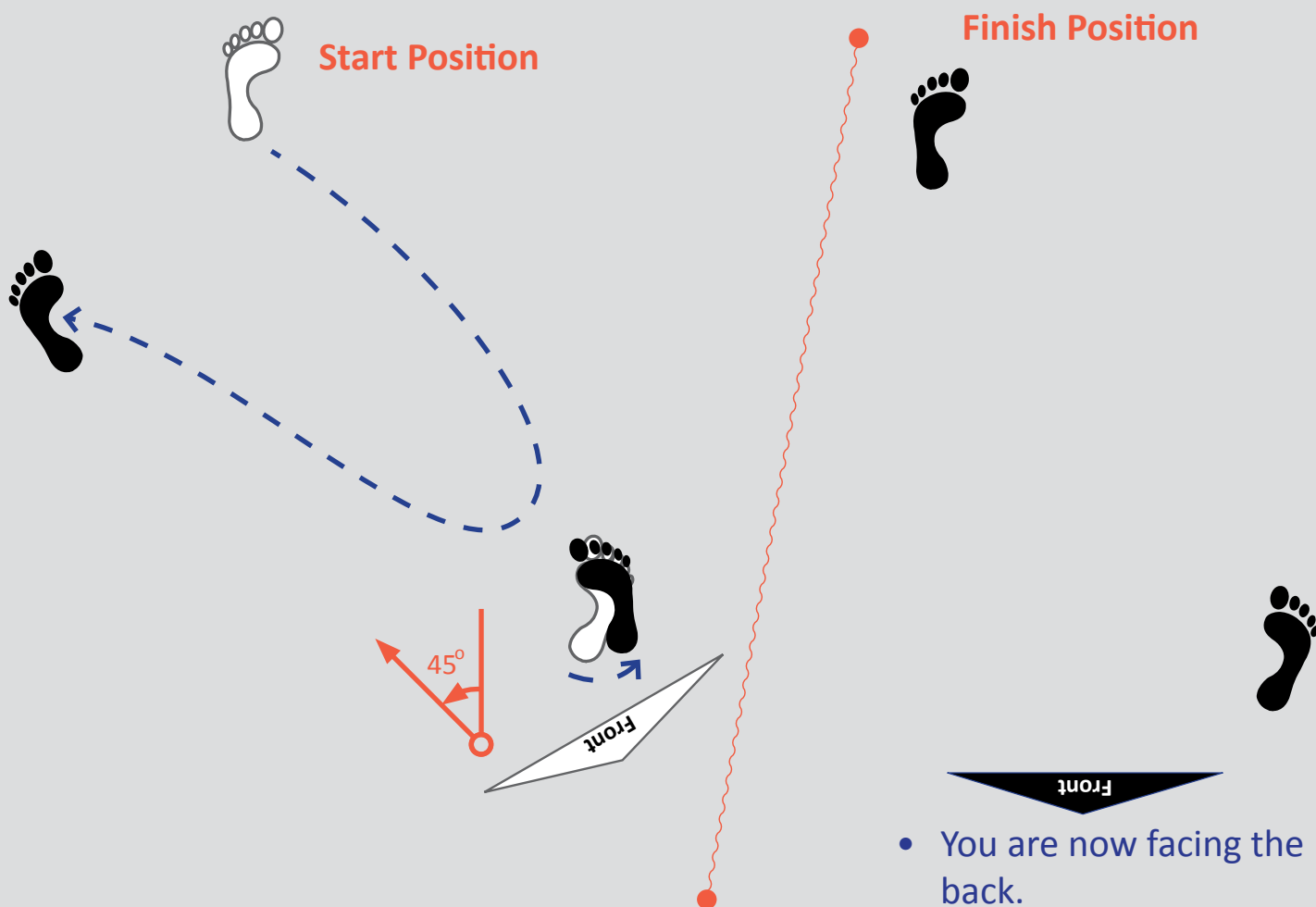
20. Right reverse punch



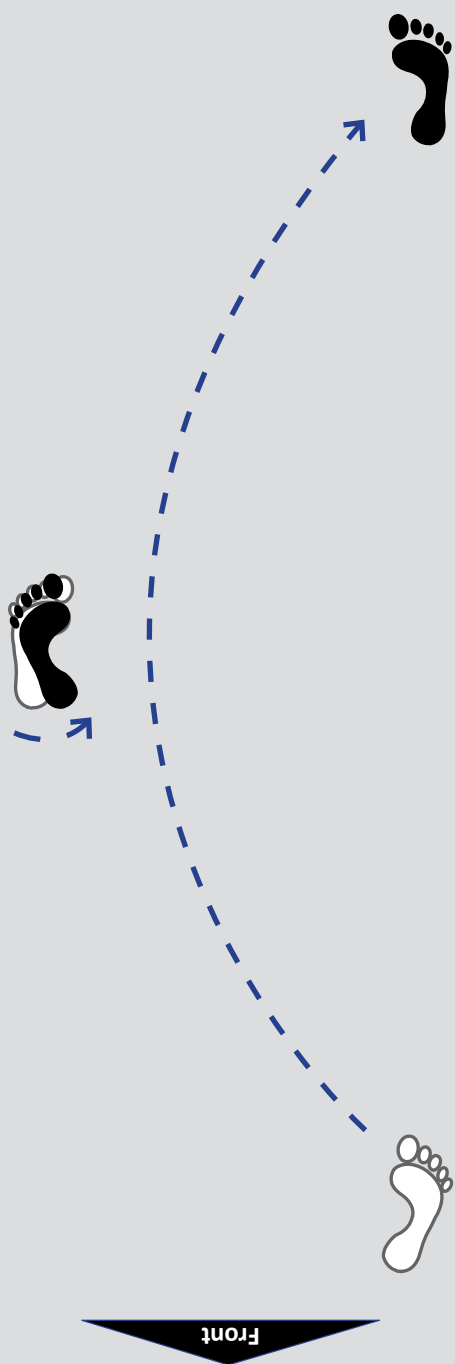
- Leave your feet where they are. This movement is done immediately after the last movement (fast motion).



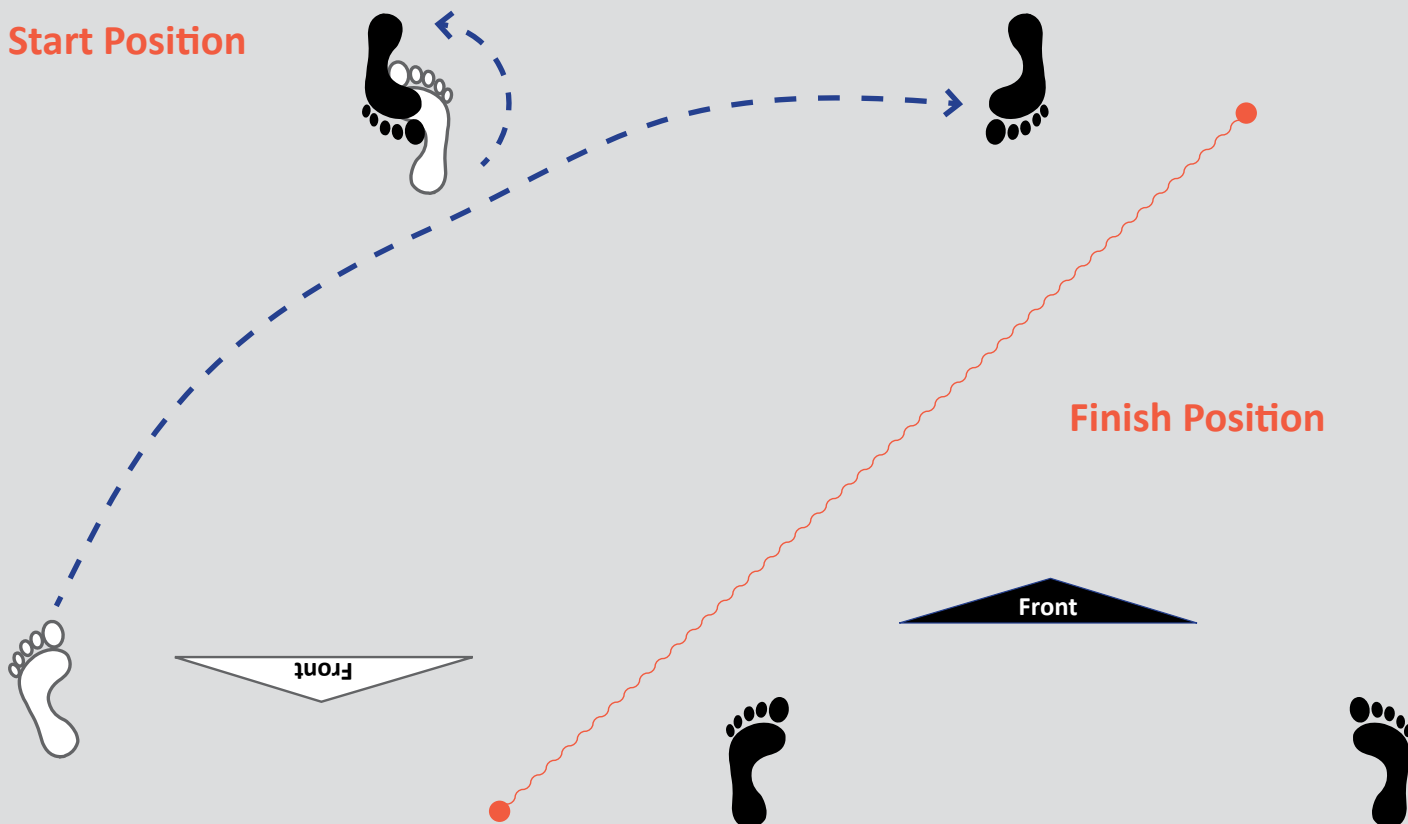
21. Shift your weight back onto the right foot and turn 45°, stepping into a left walking stance forearm rising block



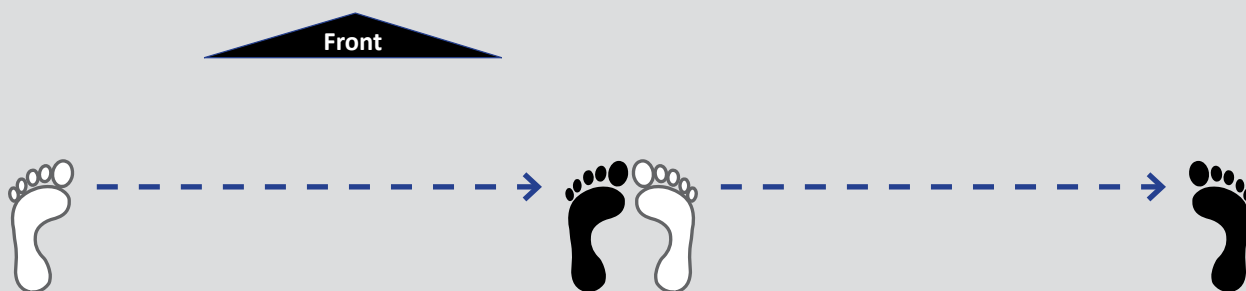
22. Step forward into a
right walking stance
forearm rising block



23. Bring your weight onto the right foot, then rotate 270° (3/4 turn) counter-clockwise, then step your left foot out into sitting stance left knifehand side strike



24. Bring your feet together then step your right foot out into sitting stance right knifehand side strike



End. Bring your left foot back to parallel ready stance

