

# Purple Belt To Green Stripe



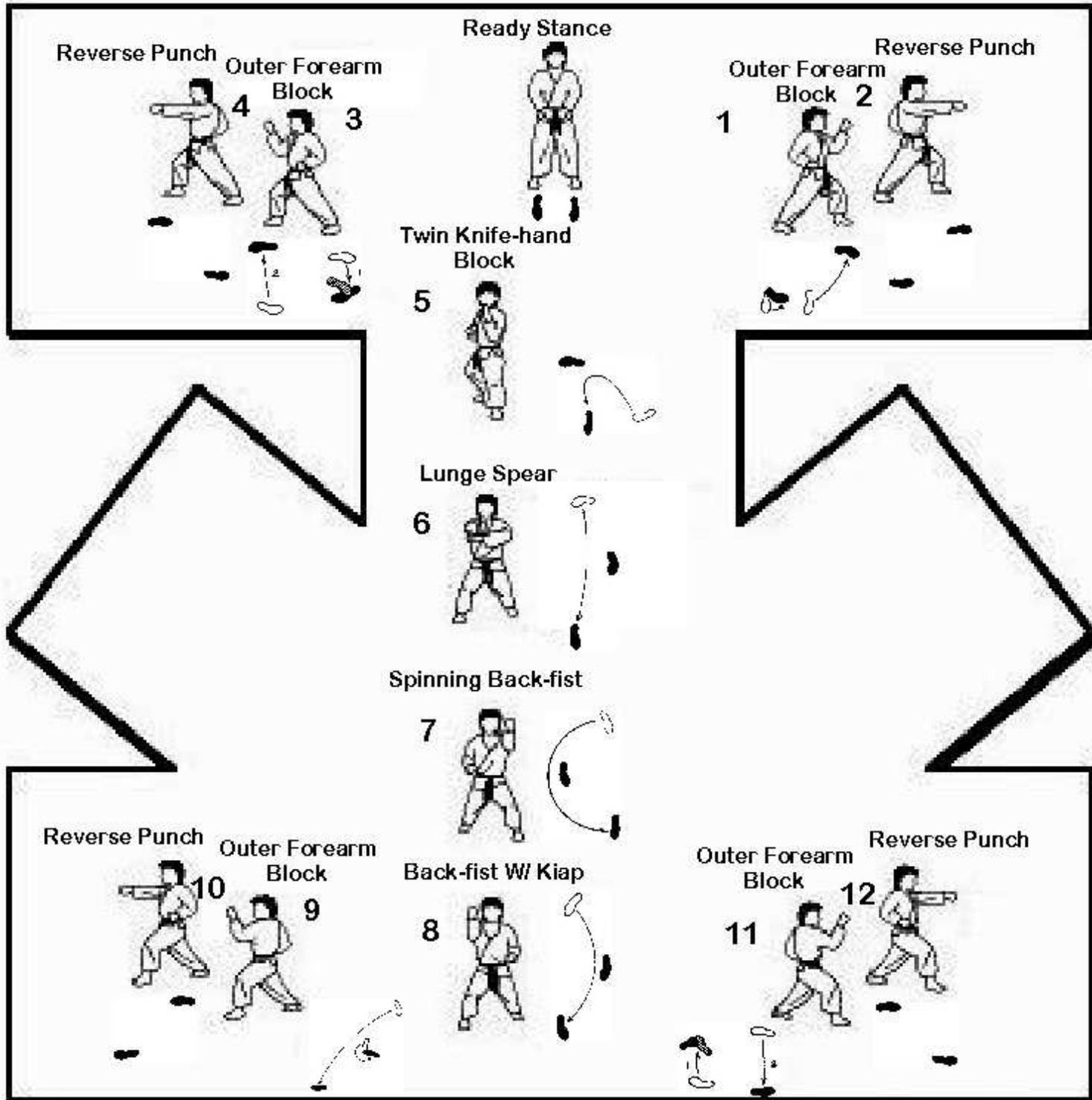


**Self Defense**  
**(Purple Belt to Green Stripe)**

- 16) One Hand Lapel Grab: Counter grab; step in palm thrust to jaw; forward horizontal elbow; rear horizontal hammer fist.**
- 17) Collar Grab & Head Punch: Step in inside knife-hand block; knock grab off; palm thrust to jaw; half fist to throat.**
- 18) Side Wrist Grab: Side thrust kick to knee, pull wrist free; hammer fist to head; reverse punch to body.**
- 19) Front Tackle: Knee smash; step back to fighting stance; downward hammer fist.**
- 20) Jab:**
- A. Hooking backhand block and spear to eyes.**
  - B. Downward scooping block and spear hand to eyes.**

# Do-san

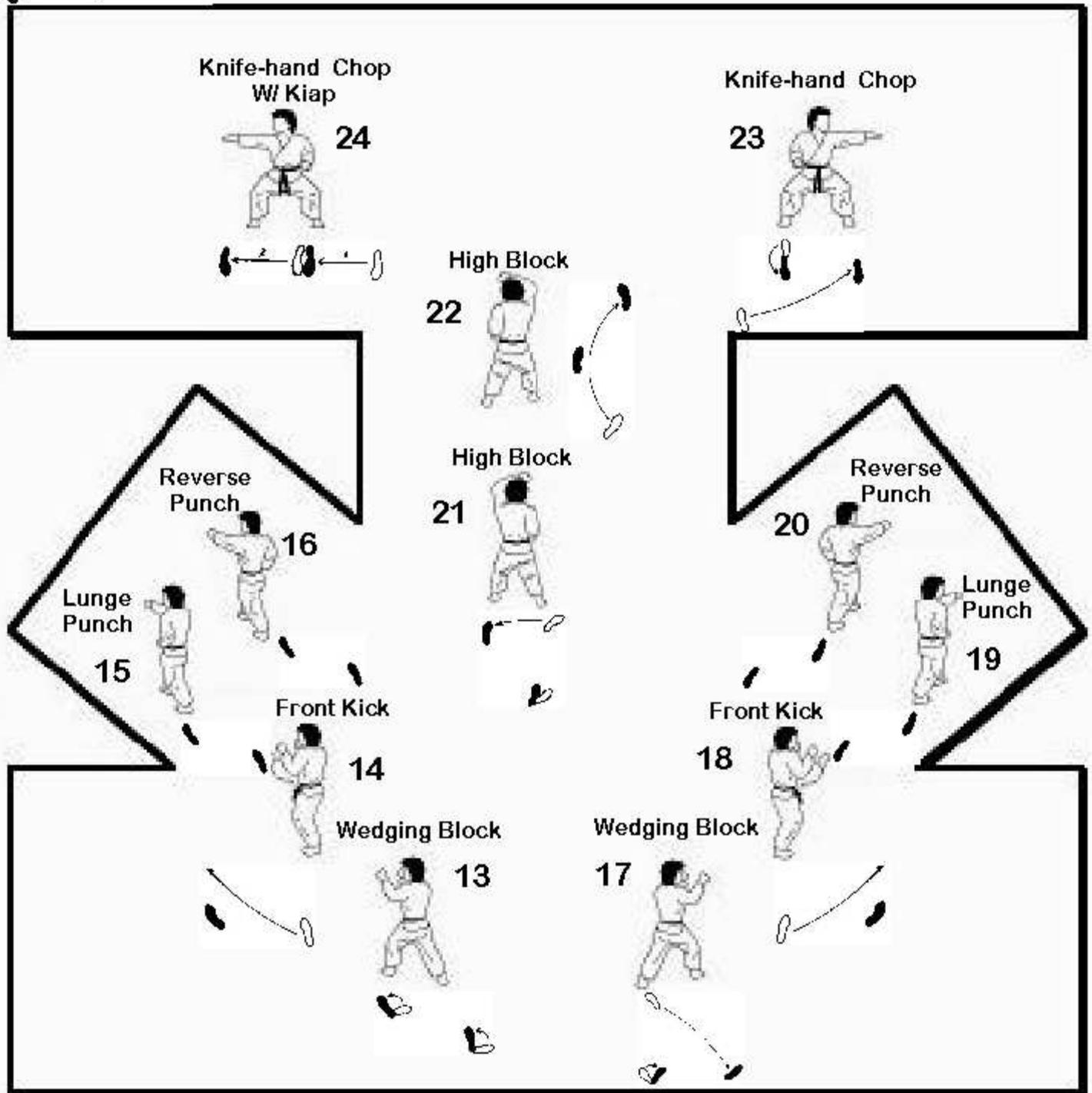
## 24 Movements



The pattern Do-san is required to advance from purple belt to purple belt with green stripe (5th gup). The form is named for Do San, the pseudonym the Korean patriot An Chong-Ho.

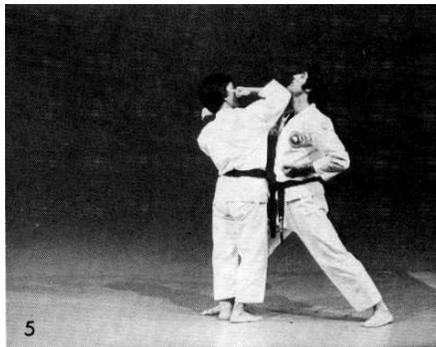
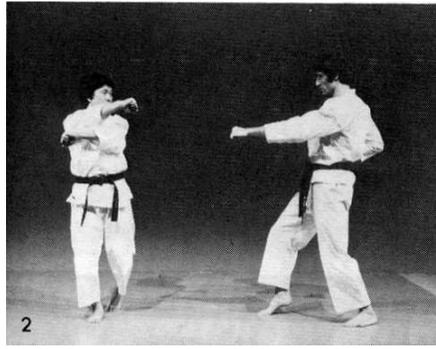
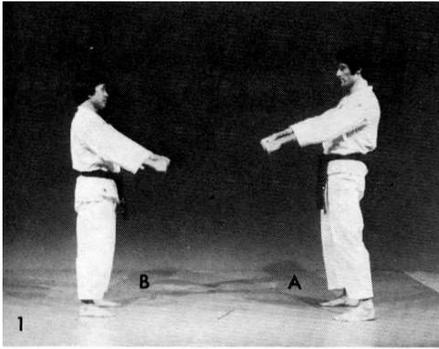
# 도선

# Do-san



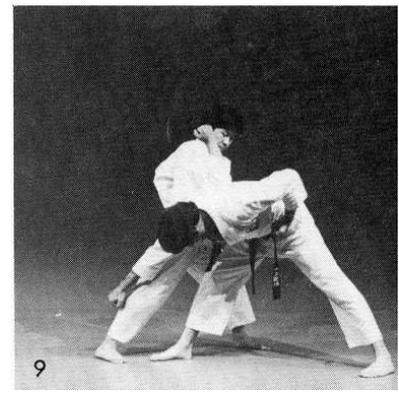
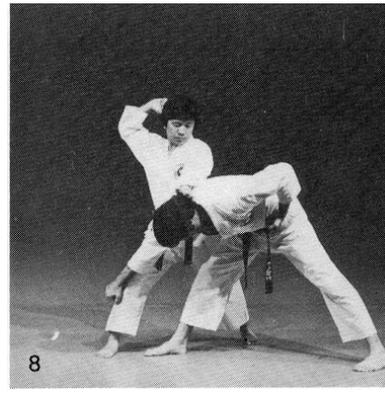
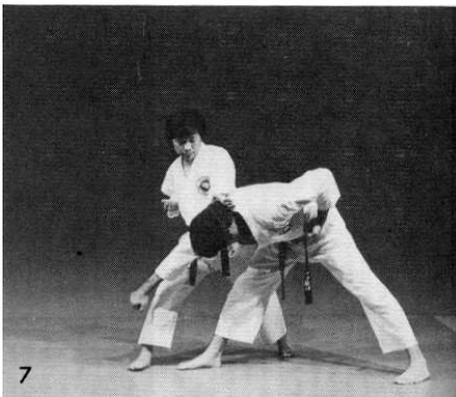
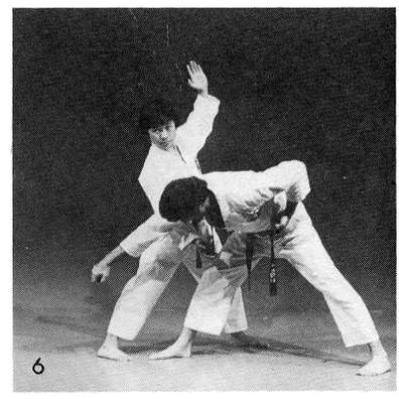
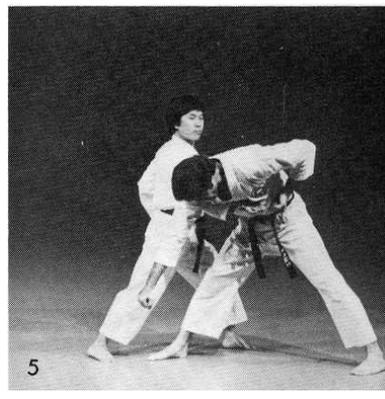
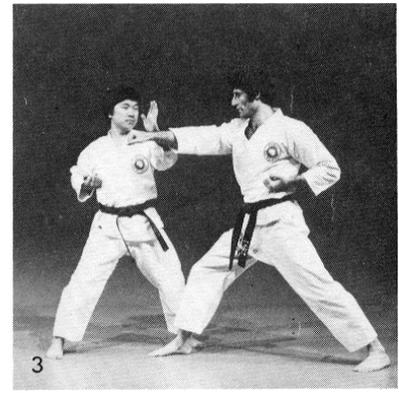
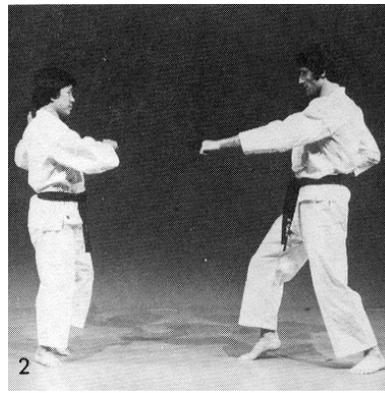
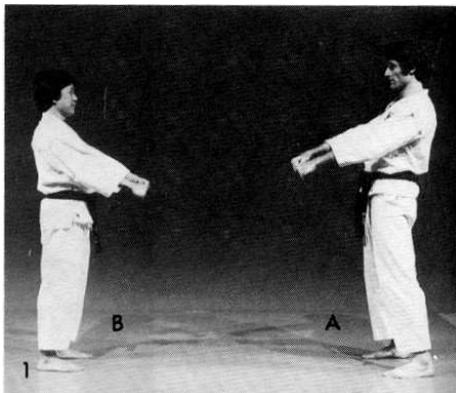
Throughout his life An Chong-Ho was a driving force in the Korean independence movement. He was best known for preserving the Korean educational system during the Japanese occupation.

# Technique Eleven



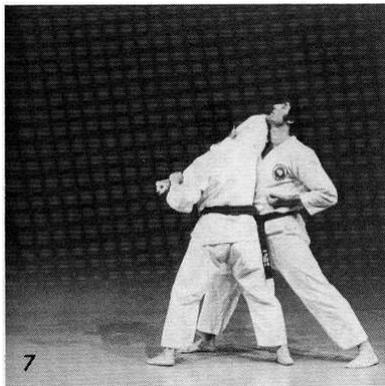
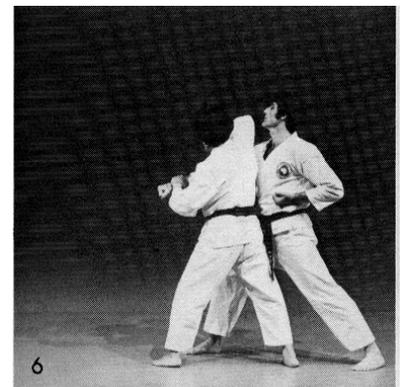
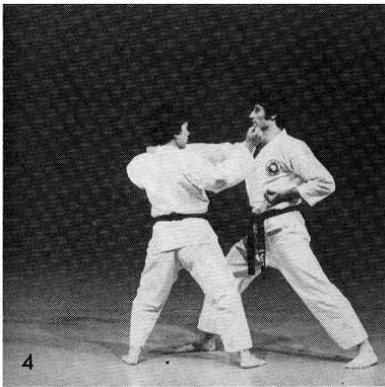
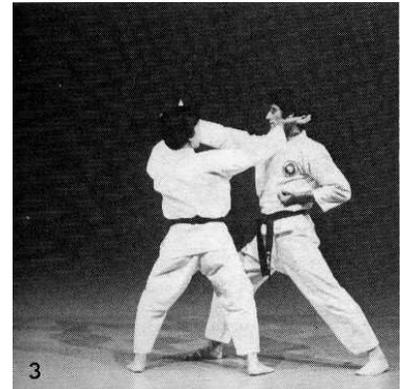
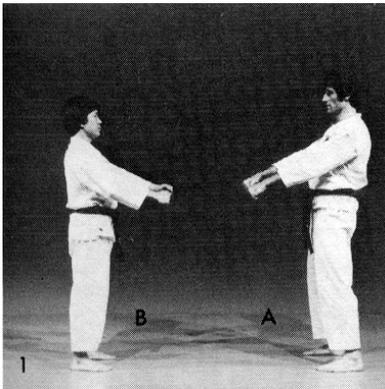
(1) Start from the ready position and, (2&3) stepping forward with the left foot, execute a left circle wrist block from a left back stance. (4) Sliding the left foot sideways to shift into a left forward stance, grab A's right wrist as you deliver a right reverse punch to the midsection. (5) Sliding the right foot forward next to the left foot, use the front of the right elbow for an upward strike to the face.

# Technique Twelve



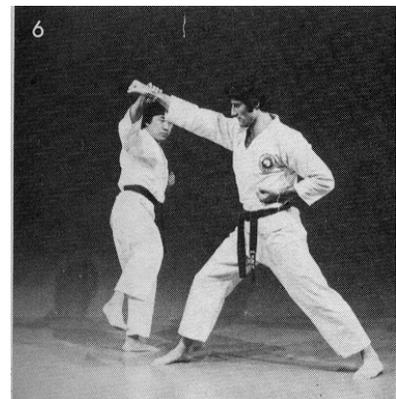
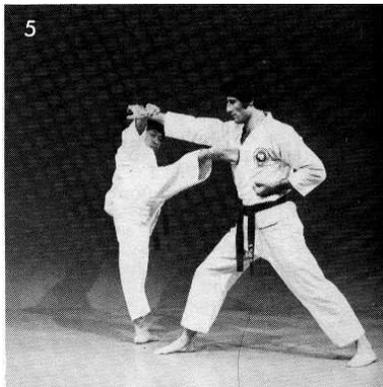
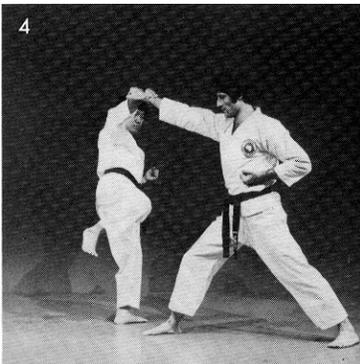
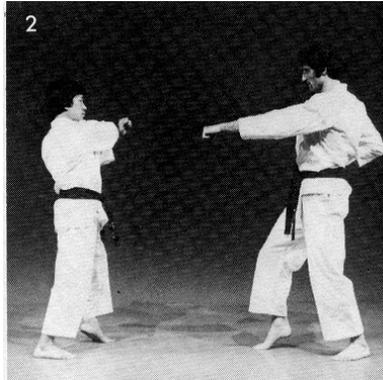
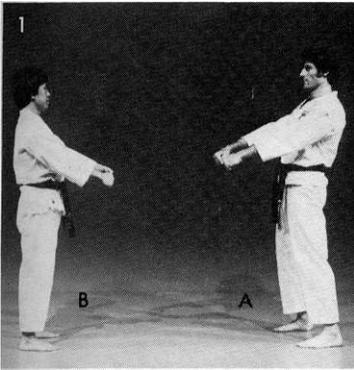
(1) From the ready position, (2-4) with the left foot step across A's right leg into a left straddle stance as you execute a left open-hand inward block; (5&6) right open-handed forward chop to the solar plexus as you twist into a left forward stance, and (7&8) a left chop to the back neck, pushing A's head down as you twist into a right forward stance. (9) Twisting back into a left forward stance, use the back of the right elbow to deliver a downward strike to the spine.

# Technique Thirteen



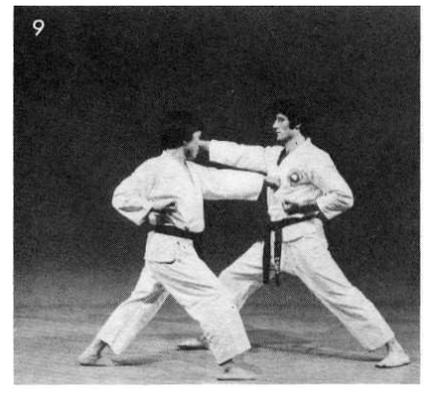
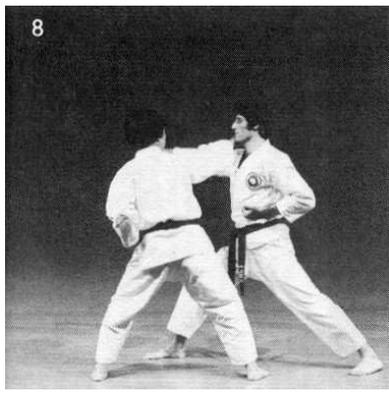
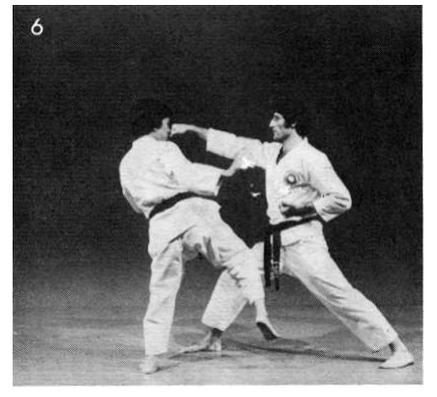
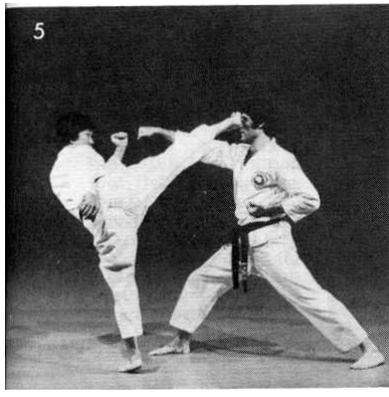
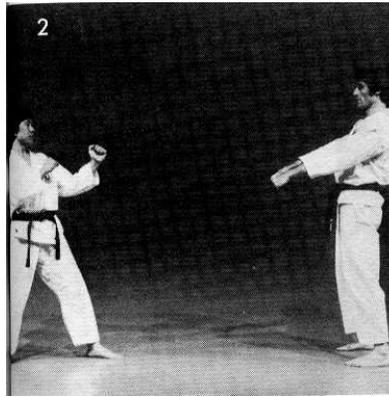
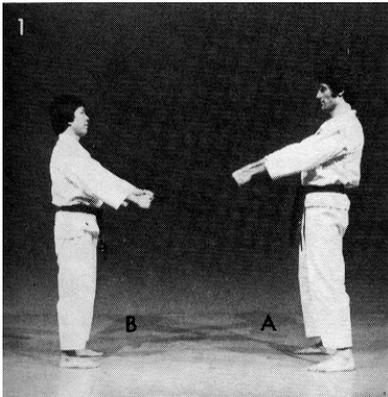
(1) From the ready position, (2-4) step forward 45 degrees with the right foot into a right straddle stance as you deliver a left open-hand outward block and a right open-hand forward chop to the neck. (5) Twisting into a left forward stance, use the front of the right elbow for a strike to the temple (6&7) Twisting back into a straddle stance, use the back of the right elbow for attacking the face.

# Technique Fourteen



(1) From a ready position, (2&3) with the left foot, step across A's right leg into a left forward stance as you execute a right open-hand outward block to A's outside wrist. (4&5) Grab A's wrist and execute a right round-house kick to the solar plexus, then (6&7) step into a right forward stance, left reverse punch to the rib cage.

# Technique Fifteen



(1) Starting from the ready position, (2&3) step back with the right foot into a left fighting stance, following with a (4&5) right roundhouse kick to the temple. (6&7) Stepping down into a right stance, execute an inward open-hand block and (8) a right backward chop to the neck. (9) Sliding the right foot sideways to shift into a right forward stance, execute a left reverse punch to the midsection.