



All pictures are taken from 'The Book of Patterns' and/or 'The Book of Moves'
available from your instructor.

Do San

PRIMARY TAEKWON-DO



Left walking stance
High outer forearm side
block



Left walking stance
Middle punch



Right walking stance
High outer forearm side block



Right walking stance
Middle punch



Right L-stance
Knife-hand middle guarding
block



Right walking stance
Middle straight fingertip
thrust



Twist the right knife-hand until its palm faces downward as a
release move then left walking stance back fist strike. This is
one move but in class each move will be done to a count



Right walking stance
Back fist strike



Left walking stance
High outer forearm side
block



Right walking stance
Middle punch



Right walking stance
High outer forearm side
block



Left walking stance
Middle punch



Left walking stance
High wedging block



Middle front snap kick
Hands as they were



Left walking stance
Middle punch



Right walking stance
Middle punch



Right walking stance
High wedging block



Middle front snap kick
Hands as they were



Left walking stance
Middle punch



Right walking stance
Middle punch



Left walking stance
Rising block



Right walking stance
Rising block



Sitting stance
Middle knife-hand side strike



Sitting stance
Middle knife-hand side strike

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