

7th Green
Belt



View Form

To-San

To-San is the pseudonym of the patriot Ahn Ch'ang-ho (1876-1938) who devoted his life to furthering the education of Korea and it's independence movement.

- 1 Pivot 90 degrees counter clockwise
Left fighting stance
Left outer forearm block
- 2 Left forward stance
Right middle punch
- 3 Pivot 180 degrees clockwise
Assume right fighting stance
Right outer forearm block
- 4 Right forward stance
Left middle punch
- 5 Shift balance onto right leg
Turn 90 degrees counter clockwise
Assume right back stance
Knife hand guarding block
- 6 Step forward to right front stance
While doing so, draw both hands, palms open facing forward, along side chest
Simultaneously execute a right vertical spear-finger attack
With left hand executing an open hand pressing block
Kiyap
- 7 Shift balance onto right foot
Pivot 360 degrees counter clockwise spinning forward
End in a left forward stance
While executing a left back-fist strike to face
- 8 Right forward stance
Upper right hammer-fist strike
- 9 Shift balance onto right foot
Pivot 270 degrees counter clockwise
Step out with left foot to left fighting stance
Left outer forearm block
- 10 Left forward stance
Right middle punch
- 11 Shift balance onto left foot
Pivot 180 degrees clockwise
Right fighting stance
Right outer forearm block

- 12 Right forward stance
Left middle punch
- 13 Shift balance to right foot
Pivot 135 degrees counter clockwise
Left forward stance
Double outer forearm block
- 14 Right leg front snap kick
- 15 Drop foot straight ahead to right front stance
Right middle punch
- 16 Maintain right front stance
Left middle punch
- 17 Shift balance to left leg
Pivot 90 degrees clockwise
Right forward stance
Double outer forearm block
- 18 Left front kick
- 19 Drop foot straight ahead to a left front stance
With left middle punch
- 20 Maintain left front stance
Right middle punch
- 21 Shift balance to right foot
Turn 45 degrees counter clockwise to left front stance
With left rising block
- 22 Right front stance
Right rising block
Kiyap
- 23 Shift balance to right foot
Pivot 270 degrees counter clockwise to horse stance
With left knife hand
- 24 Step together and out with right foot to right horse stance
With right knife hand