



HIAWATHA'S MARTIAL ARTS & FITNESS

Hyung Sheet

(Form)

Do San Hyung

(Orange – Green)

- Start Left** 1. Outside block, reverse punch (shift front foot)
- Pivot Rt.** 2. Outside block, reverse punch
3. Sudo makee (left leg out front)
4. Palm block. Step. Spear finger thrust (kiap)
5. Spinning Back fist (left hand)
6. Step-up back fist (right hand)
7. Spin outside block, reverse punch (shift front foot)
- (Behind you)** 8. Block punch
- Left rear** 9. Shift choke block
10. Front snap kick (right leg), right punch, left punch
11. Shift right Choke Block (right leg out front)
12. Front snap kick (left leg), left punch, right punch
13. Shift left, high block, step high block (right hand)
14. Spin knife hand strike left hand (horse riding stance)
- Middle** 15. Knife hand strike right hand (kiap)

Do San: name used by Chang Ho Phun. (1878 – 1938)

Renowned educator and advocate for Korean independence