

TO-SAN

GREEN BELT - 24 Movements 6TH-GREEN-R to 5TH-GREEN-D

The form is named for the pseudonym of the patriot & educator Ahn Chang Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.

From 1904-1945, Japan controlled Korea. During this occupation, Japan tried to eradicate Korean culture, literature, historical records & education. Due to the oppression, many Koreans fled. One of those refugees was Ahn Chang-Ho. While in the United States, he established the Sinminhoe (New People's Republic), a secret independence group supported by a Protestant organization to support youth groups & schools. He went on to create the Taesong (Large Achievement) School to educate Korean youth on national spirit. In 1911 the Japanese passed the Education Act, which forced all Korean schools to close. This was an act to keep the Korean people illiterate to ensure a class of slaves. By the end of World War I, Ahn Chang-Ho established the Kungminhoe (People's Society) in Honolulu in attempts to persuade President Woodrow Wilson to speak on their behalf. In 1919, Ahn Chang-Ho, Kim Ku & Rhe Syngman (later the 1st President of R.O.K.) established a provincial government in Shanghai. These men wrote a democratic Constitution, establishing freedom of press, speech, religion, assembly, called for an elected president, legislature, creation of an independent judiciary & abolishment of the nobility class. On March 1st, 1919, the provisional government declared its independence from Japan and called for a general resistance. Several thousands were killed and not until the end of World War II, did Korea gain its independence.



Begin: Ready Position starting at [X] facing North

1. Move left foot West, forming LFF front stance while executing front block with left forearm
2. Stationary. Execute reverse middle-section punch with right fist.
3. Move right foot East, turning clockwise 180 degrees forming RFF front stance while executing front block with right forearm.
4. Stationary. Execute reverse middle-section punch with left fist
5. Move left foot North, turning counter-clockwise 90 degrees forming LFF back stance while executing double knife-hand guarding block.
6. Move right foot North, while executing spear-hand attack (vertical) with right hand (aiming for the groin area) while left hand is open & tucked underneath elbow of right arm. [YELL]
7. Twist right spear-hand (counterclockwise); move left foot North counter-clockwise 360 degrees forming LFF front stance while executing back-fist attack with left fist.
8. Move right foot North, forming RFF front stance while executing back-fist attack with right fist
9. Move left foot East, turning counter-clockwise 270 degrees forming LFF front stance while executing front block with left forearm.
10. Stationary. Execute reverse middle-section punch with right fist
11. Move right foot West, turning clockwise 180 degrees forming RFF front stance while executing front block with right forearm.
12. Stationary. Execute reverse middle-section punch with left fist
13. Move left foot South East, forming LFF front stance while executing double front blocks with outer forearms.
14. Execute front kick with right foot landing in RFF front stance.
15. Stationary. Execute middle-section punch with right fist.
16. Stationary. Execute reverse middle-section punch with left fist
17. Move right foot South West, forming RFF front stance while executing double front blocks with outer forearms.
18. Execute front kick with left foot landing in LFF front stance.
19. Stationary. Execute middle-section punch with left fist
20. Stationary. Execute reverse middle-section punch with right fist
21. Move left foot South, forming LFF front stance while executing high block with left outer forearm.
22. Move right foot South, forming RFF front stance while executing high block with right outer forearm.
23. Move left foot West, turning counter-clockwise 270 degrees forming horse stance facing North while executing knife-hand attack with left hand.
24. Move East, left foot to right foot (touching), then move right foot East forming horse stance while executing knife-hand attack with right hand. [YELL]

End: Move right foot back to [X] forming ready stance facing North.

Reminders:

Ready Stance: body is upright; legs are shoulder width; toes point forward; fists almost touching each other in front of the belt forming a circle.

Front Stance: body is upright; shoulders are pointing east & west; head is looking in the same direction as the front foot; legs are shoulder width apart; front leg is bent (60% of the weight) & back leg is straight (40% of the weight); both feet point forward.

All punches in this form are middle section. (Aiming at the bottom of the sternum)

Back Stance: body is upright; shoulders are pointing north & south; head is looking in the same direction as the front foot; both legs are bent; front foot (30% of the weight) is pointing forward, back foot (70% of the weight) is pointing 90 degrees (feet form the letter "L");

Horse Stance: body is upright; legs are double your shoulder width; feet point forward; knees are in and legs are bent.

Knife hand: fingers are all touching, including the thumb. The 3 longest fingers are even, forming a blunt point.

RFF: Right Front Foot **LFF:** Left Front Foot

Testing Requirements:

I To-San Form

II Basics: (1) Front Block & Reverse Punch [YELL] (2) Double Knife-hand Block – Middle Section

III Kicks: Facing Each Other (1) Side Kick, Sliding Side Kick & Back Fist Attack [YELL] (2) Roundhouse Kick, Roundhouse Kick & Back Fist Attack [YELL]

IV Free-Sparring (NO hand techniques to the face)