

TO-SAN HYUNG

7th Kup

24 movements



To-San commemorates the pseudonym of a great Korean patriot and educator, Ahn Ch'ang Ho. This is another "I-shaped" pattern, though with some deviation at the top and a number of new techniques. The consecutive block-punch movements (mv 1-2 & 3-4) that characterise this pattern must be executed quickly but without subordinating the block to the punch (see footnote). For a fast and accurate spinning back-fist it is imperative to look before turning. The attacking combination that follows the wedging blocks must flow smoothly and evenly (retract the front kick quickly).

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready	
1	W	L foot to W	L front stance	L outer-forearm block <i>followed quickly by</i>
2	W			R reverse punch ¹
3	E	R foot moves across. Turn 180° C	R front stance	R outer-forearm block <i>followed quickly by</i>
4	E			L reverse punch
5	N	Pull L foot to R foot, then L foot to N	R back stance	Knife-hand guarding block
6	N	Step forward	R long ² stance	L downward block ³ with R mid-section vertical spear-hand ⁴
7	N	Step forward, pivoting on R foot. Turn 360° CC to	L front stance	Before turning, thrust the spear-hand forward and rotate palm to horizontal. ⁵ L spinning back-fist ⁶ strike
8	N	Step forward	R front stance	R back-fist strike
9	E	L foot to E. Turn 270° CC	L front stance	L outer-forearm block <i>followed quickly by</i>
10	E			R reverse punch

¹ To achieve an equal distribution of power between the two moves, without re-chambering the hips, finish the block with hips and shoulders facing 45°. Then use the remaining rotation to supply power to the punch.

² Long stance is similar to front stance but 2.5 shoulder-widths long. The front knee should still be bent over the heel.

³ The lead knife-hand pivots down until the forearm is horizontal in front of the body, with the palm facing down.

⁴ During the L downward block, the R spear-hand chambers at the lowest rib, palm facing up. Spear-hand position resembles knife-hand, except that the middle finger is retracted in line with the ring and index fingers. The tips of these three fingers form the striking area and should be pressed together. The spear-hand strike passes over the blocking hand, rotating to vertical, until the elbow is over the fingers. Shoulders finish square.

⁵ This move is intended to break free from a grab and should be executed with force.

⁶ A back-fist strike has a similar chambered position to lower-section block. As the rear hand chambers to the lowest rib, the striking hand extends with fist vertical. The striking area is the back of the first two knuckles, which should finish at temple-height. The arm finishes just out of lock.

TO-SAN HYUNG

#	+	Move	Stance	Action
11	W	R foot moves across. Turn 180°	R front stance	R outer-forearm block <i>followed quickly by</i>
12	W			L reverse punch
13	SE	Pull L foot to R foot, then L foot to SE (turn 135° CC)	L front stance	Outer-forearm wedging block ⁷
14	SE			R front kick <i>followed quickly by</i>
15	SE	Step down to	R front stance	R lunge punch <i>followed quickly by</i>
16	SE			L reverse punch
17	SW	Pull R foot back to L foot, then R foot to SW (turn 90° C)	R front stance	Outer-forearm wedging block
18	SW			L front kick <i>followed quickly by</i>
19	SW	Step down to	L front stance	L lunge punch <i>followed quickly by</i>
20	SW			R reverse punch
21	S	Pull L foot back then L foot to S (turn 45° CC)	L front stance	L upper-section block
22	S	Step forward	R front stance	R upper-section block
23	N	L foot to W (pivot on R foot and turn CC)	Horse-riding stance ⁸	L knife-hand strike to W, looking W
24	N	Pull L foot to R foot, then R foot to E	Horse-riding stance	R knife-hand strike to E, looking E. KIUP
	N	On "Keuman" bring R foot up	Parallel ready stance	

⁷ Wedging blocks are intended to block and trap a double-punch to the head. Begin with the forearms crossed at the wrist, 30 cm in front of the chest. Palms should be facing inward and the leading hand should correspond with the leading leg. Sliding out into front stance, extend and separate the forearms until they are parallel. Bend the wrists so that the fists hook outward (catching the opponent's double-punch). Then, rocking back slightly, pull the forearms straight back and down so that the elbows are in line with the floating ribs.

⁸ In horse-riding stance both feet face forward and are 2-3 shoulders-width apart. Both knees are bent and are, as far as possible, above the feet (shins are vertical, thighs are horizontal). In this movement, although the body faces N, the strikes are to the sides (W and E).