

GREEN BELT PATTERN (DO-SAN) LINKS...

Techniques – <https://www.youtube.com/watch?v=b2xhjJkKy1o>

With instruction – <https://www.youtube.com/watch?v=80-zWfWTYWU&list=PLF48C4DF9175DA127&index=8>

Regular Speed – <https://www.youtube.com/watch?v=VZYRvRSnqfs>

Definition – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/3_Do-San%20Saying.mp3?ver=1750877246224