

PATTERN 2 (18 Steps)

Pattern 2 must be mastered in order to qualify for **YELLOW / GREEN BELT** Advancement.

Step	Description
1	Turn body to left moving left foot to form a left walking stance; execute a low section block with left outer forearm
2	Move right foot one step forward forming a right forward stance; execute a middle section punch with right fist
3	Turn body to right and move right foot to form a right walking stance; execute a low section block with right outer forearm
4	Move left foot one step forward forming a left forward stance; execute a middle section punch with left fist
5	Turn body to left and move left foot to form a left walking stance; execute a middle section inside block with right outer forearm
6	Move right foot one step forward; walking stance; execute a middle section inside block with left arm
7	Look left; turn left 90°; walking stance; execute a low section block with left arm
8	Right foot snap kick; forward stance; execute a high section punch with right fist
9	Look right; turn right 180°; execute a low section block with right arm
10	Execute a front middle section snap kick with left foot; drop left foot to form forward stance execute a high section punch with left fist
11	Turn body to left and move left foot to form a left walking stance; execute a high section block with left outer forearm
12	Move right foot one step forward forming a walking stance; execute a high section block with right outer forearm
13	Turn body to left and move left foot to form a walking stance; execute a middle section inside block with right outer forearm
14	Turn body to right forming a right walking stance; execute a middle section inside block with left outer forearm
15	Turn body to left and move left foot to form a walking stance; execute a low section block with left outer forearm
16	Execute a front middle section snap kick with right foot; drop right foot to form walking stance; execute a middle section punch with right fist
17	Execute a front middle section snap kick with left foot; drop left foot to form a walking stance; execute a middle section punch with left fist
18	Execute a front middle section snap kick with right foot; drop right foot to form walking stance; execute a middle section punch with right fist; upon completion of step, "Shout"

End

Turn body to left using the ball of the right foot to pivot and form ready stance