

PATTERN 3 (20 Steps)

Pattern 3 must be mastered in order to qualify for **GREEN BELT** advancement.

Step	Description
1	Look left; turn left 90°; walking stance; execute a low section block with left arm
2	Execute middle section snap kick with right foot; drop right foot to form right forward stance; execute middle section double punches; right hand first
3	Look right; turn right 180°; walking stance; execute a low section block with right arm
4	Execute front middle section snap kick with left foot; drop left foot to form left forward stance; execute middle section double punches; left hand first
5	Turn body to left moving left foot to form a left walking stance; execute a high section strike with right knife-hand
6	Move right foot one step forward to form a right walking stance; execute a high section strike with left knife-hand
7	Turn body to left moving left foot to form a right back stance; execute a middle section block with left knife-hand
8	Move left foot forward forming left forward stance; execute a middle section punch with right fist
9	Turn body to right moving right foot to form a left back stance; execute a middle section block with right knife-hand
10	Move right foot forward forming a right forward stance; execute a middle section punch with left fist
11	Turn body to left moving left foot to form a left walking stance; execute a middle section inside block with right outer forearm
12	Move right foot one step forward to form a right walking stance; execute a middle section inside block with left outer forearm
13	Turn body to left moving left foot to form a left walking stance; execute a low section block with left outer forearm
14	Execute front middle section snap kick with right foot; drop right foot to form forward stance; execute middle section double punches; right hand first
15	Look right; turn right 180°; walking stance; execute a low section block with right arm
16	Execute front middle section snap kick with left foot; drop left foot to form forward stance; execute middle section double punches; left hand first
17	Look left; turn left 90°; walking stance; execute a low section block with left arm; followed by a middle section punch with right fist
18	Move right foot one step forward to form a right walking stance; execute a low section block with right outer forearm; followed by a middle section punch with left fist
19	Execute front middle section snap kick with left foot; drop left foot to form left walking stance; execute a low section block with left outer forearm; followed by a middle section punch with right fist
20	Execute front middle section snap kick with right foot; drop right foot to form right walking stance; execute a low section block with right outer forearm; followed by a middle section punch with left fist. Upon completion of step, "Shout"

End

Turn body to left using the ball of the right foot to pivot and face toward to form a ready stance.