

## **PATTERN 4 (20 Steps)**

Pattern 4 must be mastered in order to qualify for **GREEN / BLUE BELT** advancement.

<b>Step</b>	<b>Description</b>
1	Turn body to left; move left foot to form a right back stance; execute a middle section block with left knife-hand; right knife-hand protects solar plexus
2	Move right foot one step forward to form a right forward stance; execute a pressing downward block with left palm and a spear-hand thrust with right hand
3	Turn body to right moving right foot to form a left back stance; execute a middle section block with right knife-hand; left knife-hand protects solar plexus
4	Move left foot one step forward to form a left forward stance; execute a pressing downward block with right palm and a spear-hand thrust with left hand
5	Turn body to left moving left foot to form a left forward stance; execute a high section block with left knife-hand and a high section strike with right knife-hand
6	Execute a front middle section snap kick with right foot; drop right foot to form right forward stance; execute a middle section punch with left fist
7	Execute a side middle section kick with left foot; drop left foot forward
8	Execute a side middle section kick with right foot; drop right foot to form a left back stance; execute a middle section block with right knife-hand; left knife-hand protects solar plexus
9	Turn body to left moving left foot to form a right back stance; execute a middle section outside block with left outer forearm
10	Execute a front middle section snap kick with right foot; move right foot back forming a right back stance; execute a middle section inside block with right outer forearm
11	Turn body right to form a left back stance; execute a middle section outside block with right outer forearm
12	Execute a front middle section snap kick with left foot; move left foot back forming a left back stance; execute a middle section inside block with left outer forearm
13	Turn body to left moving left foot to form a left forward stance; execute a high section block with left knife-hand and a high section strike with right knife-hand
14	Execute a front middle section snap kick with right foot; drop right foot to form a right forward stance; execute a high section strike with right back fist
15	Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm
16	Execute a middle section punch with right fist
17	Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm
18	Execute a middle section punch with left fist
19	Turn body left moving left foot to form a left forward stance; execute a middle section inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first
20	Move right foot one step forward to form a right forward stance; execute a middle section inside block with right outer forearm; followed in rapid sequence with middle section double punches; left hand first; 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.