

PATTERN 5 (20 Steps)

Pattern 5 must be mastered in order to qualify for **BLUE BELT** advancement.

| Step | Description |
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| 1 | Turn body to left moving left foot to from a left forward stance; execute a low section block with the left outer forearm |
| 2 | Bring back left foot forming an open stance; execute a downward strike with left hammer fist |
| 3 | Turn body to right moving right foot to form a right forward stance; execute a low section block with right outer forearm |
| 4 | Bring back right foot forming on open stance; execute a downward strike with right hammer fist |
| 5 | Move left foot one step toward forming a left forward stance; execute a middle section inside block with left outer forearm; followed in rapid sequence with a middle section inside block with right outer forearm |
| 6 | 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; followed in rapid sequence with a middle section inside block with left outer forearm |
| 7 | Execute a front middle section snap kick with left foot; drop left foot to form a left forward stance; execute a high section strike with left back-fist; followed in rapid sequence with a middle section inside block with right outer forearm |
| 8 | Move right foot one step forward forming a forward stance; execute a high section strike with right back-fist |
| 9 | Turn body to left moving left foot to form a right back stance; execute a middle section block with left knife-hand |
| 10 | Move right foot one step forward forming a right forward stance; execute a middle section strike with right elbow; elbow supported by left palm |
| 11 | Turn body right moving right foot to form a left back stance; execute a middle section block with right knife-hand |
| 12 | Move left foot one step forward forming a left forward stance; execute a middle section strike with left elbow; elbow supported by right palm |
| 13 | Turn body left moving left foot to form a left forward stance; execute a low section block with left outer forearm; followed in rapid sequence with a middle section inside block with right outer forearm |
| 14 | Execute a middle section snap kick with right foot; drop right foot to form a right forward stance; execute a low section block with right outer forearm; followed in rapid sequence with a middle section inside block with left outer forearm |
| 15 | Turn body left moving left foot to form a left forward stance; execute a high section block with left outer forearm |
| 16 | Execute a middle section side kick with right foot; drop right foot to form a right forward stance; execute a left elbow strike to right palm |
| 17 | Turn right moving right foot to form a right forward stance; execute a high section block with right outer forearm |
| 18 | Execute a middle section side kick with left foot; drop left foot to form a left forward stance; execute a right elbow strike to left palm |
| 19 | Turn body to left moving left foot to form a left forward stance; execute a low section block with left outer forearm; followed in rapid sequence with a middle section inside block with right outer forearm |
| 20 | Right foot snap kick jumping forward with right foot landing first; left foot lands behind right foot; left leg slightly bends; right hand back fist and "Shout" |