

## **PATTERN 6 (23 Steps)**

Pattern 6 must be mastered in order to qualify for **BLUE BELT** advancement.

<b>Step</b>	<b>Description</b>
1	Turn body left moving left foot to form a left forward stance; execute a low section block with left outer forearm
2	Execute a front middle section snap kick with right foot; return right foot to starting position forming a right back stance; execute a middle section outside block with left outer forearm
3	Turn body right moving right foot to form a right forward stance; execute a low section block with right outer forearm
4	Execute a front middle section snap kick with left foot; return left foot to starting position forming a left back stance; execute a middle section outside block with right outer forearm
5	Turn body left moving left foot to form a left forward stance; execute a high section block with right knife-hand
6	Execute a turning kick with right foot
7	Drop right foot and move left foot to form a left forward stance; execute a middle section outside block with left outer forearm; execute a middle section punch with right fist in rapid sequence
8	Execute a front middle section snap kick with right foot; drop right foot to form a right forward stance; execute a middle section punch with left fist
9	Turn body to right; move right foot to form a right forward stance; execute a middle section outside block with right outer forearm; followed in rapid sequence, execute a middle section punch with left fist
10	Execute a front middle section snap kick with left foot; drop left foot to form a left forward stance; execute a middle section punch with right fist
11	Turn body left; move left foot back to form an open stance; execute an open block with both forearms
12	Move right foot one step forward to form a right forward stance; execute a high section block with left knife-hand
13	Execute a turning kick with left foot and "Shout"

14	Drop left foot and turn body to right; move right foot to form a right forward stance; execute a low section block with right outer forearm
15	Execute a front middle section snap kick with left foot; return left foot to starting position forming a left back stance; execute a middle section outside block with right outer forearm
16	Turn body left; move left foot to form a left forward stance; execute a low section block with left outer forearm
17	Execute a front middle section snap kick with right foot; return right foot to starting position forming a right back stance; execute a middle section outside block with left outer forearm
18	Move right foot to form a right back stance; execute a middle section block with left knife-hand; right knife-hand protects solar plexus
19	Moving left foot back to form a left back stance; execute a middle section block with right knife-hand; left knife-hand protects solar plexus
20	Move right foot back to form a left forward stance; execute a middle section block with left palm
21	Execute middle section punch with right fist
22	Move left foot back to form a right forward stance; execute a middle section block with right palm
23	Execute a middle section punch with left fist

**End**

Form ready stance by bring left foot forward.