

PATTERN 7 (25 Steps)

Pattern 7 must be mastered in order to qualify for BLUE / RED and RED BELT advancement.

Step	Description
1	Turn body left; move left foot to form a left tiger stance; execute a middle section block with right palm
2	Execute a front middle section snap kick with right foot; return right foot to starting position forming a left tiger stance; execute a middle section block with left outer forearm
3	Turn body right to form a right tiger stance; execute a middle section block with left palm
4	Execute a front middle section snap kick with left foot; return left foot to starting position forming a right tiger stance; execute a middle section block with right outer forearm
5	Move left foot to form a right back stance; execute a low section block with left knife-hand; right knife-hand is used to protect solar plexus
6	Move right foot one step forward to form a left back stance; execute a low section block with right knife-hand; left knife-hand is used to protect solar plexus
7	Move left foot to form a left tiger stance; execute a middle section block with right palm and place left fist under right elbow
8	Execute a high section strike with right back fist
9	Turn body to right to form a right tiger stance; execute a middle section block with left palm and place right fist under left elbow
10	Execute a high section strike with left back fist
11	Turn body right to form a closed stance; place left hand on top of right fist approximately 10 inches in front of chin
12	Move left foot forward to form a left forward stance; execute simultaneously a low section block with right outer forearm and a middle section block with left inner forearm; followed in rapid sequence with a low section block with left outer forearm and a middle section block with right inner forearm

13	Move right foot one step forward to form a right forward stance; execute simultaneously a low section block with left outer forearm and a middle section block with right inner forearm; followed in rapid sequence with a low section block with right outer forearm and a middle section block with left inner forearm
14	Turn body left; move left foot to form a left forward stance; execute middle section block with both outer forearms simultaneously
15	Execute a middle section strike with right knee; thrust right foot forward to form a right twist stance; execute two middle section upset punches simultaneously
16	Move left foot backward to form a right forward stance; execute a low section block with X-fist
17	Turn body right; move right foot to form a right forward stance; execute middle section blocks with both outer forearms simultaneously
18	Execute a middle section strike with left knee; thrust left foot forward to form a left twist stance; execute two middle section upset punches simultaneously
19	Move right foot backward to form a left forward stance; execute a low section block with X-fist
20	Turn body left; move left foot to form a left walking stance; execute a high section side strike with left back fist
21	Execute a high section strike to left hand with right foot; drop right foot toward to form a horse riding stance; execute a right elbow strike to left palm
22	Turn body right to form a right walking stance; execute a high section side strike with right back fist
23	Execute a high section strike to right hand with left foot; drop left foot toward to form a horse riding stance; execute a left elbow strike to right palm
24	Execute a middle section block with left knife-hand
25	Move right foot forward to form a horse riding stance; execute a middle section punch with right fist; upon completing of movement, "Shout"

End

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