

## PATTERN 8 (24 Steps)

Pattern 8 must be mastered in order to qualify for REB / BLACK and BLACK BELT advancement.

Step	Description
1	Move left foot one step forward to form a left back stance; execute a middle section block with left outer forearm; right outer forearm is used to protect the solar plexus; move left foot one step forward to form a left forward stance; execute a middle section punch with right fist
2	Execute a front jump kick with left foot by first thrusting body to a high point in the air with left foot; upon completion of movement, "Shout"; drop 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
3	Move one step forward to form a right forward stance; execute a middle section punch with right fist
4	Turn body to left; move left foot to form a right forward stance; execute simultaneously a high section block with right inner forearm and a low section block with left outer forearm
5	Turn body to left; change stance to left forward stance; execute simultaneously a high section upset punch with right fist and bringing left fist in front of right shoulder
6	Move left foot back forming a left twist stance; move right foot to form forward stance; execute a high section block with left arm and a low section block with right arm
7	Turn right; change to forward stance; execute high section upset punch with left fist; place right fist in front of left shoulder
8	Look left; turn left 180°; back stance; execute middle section double knife hand blocks
9	Move left foot one step forward; forward stance; execute a middle section punch with right fist
10	Right foot front snap kick; return left foot to starting position and move left foot back one step forming a right tiger stance; execute a middle section block with right palm
11	Turn body left; move left foot to form a left tiger stance; execute a middle section block with left knife-hand; right knife-hand is used to protect solar plexus

12	Execute a front middle section snap kick with left foot; drop left foot to form left forward stance; execute a middle section punch with right fist
13	Move back left foot forming a left tiger stance; execute a middle section block with left palm
14	Turn body right to form a right tiger stance; execute a middle section block with right knife-hand; left knife-hand is used to protect solar plexus
15	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
16	Move back right foot forming a right tiger stance; execute middle section block with right palm
17	Turn body right; move right foot to form a left back stance; execute a low section block with right outer forearm; left forearm is used to protect solar plexus
18	Execute a front middle section snap kick with left foot; before dropping left foot, execute a front middle section snap kick with right foot and "Shout"; drop right foot forming a right forward stance; execute a middle section inside block with right inner forearm; followed in rapid sequence with a middle section punch with left fist
19	Turn body left; move left foot to form a right back stance; execute a middle section block with left knife-hand
20	Move left foot one step forward; forward stance; execute a high section strike with right elbow
21	Execute a high section strike with right back fist; followed in rapid sequence with a middle section punch with left fist
22	Pivot to right 180°; move right foot to form back stance; execute a middle section block with right knife-hand
23	Move right foot one step forward; forward stance; execute a high section strike with left elbow
24	Execute a high section strike with left back fist; followed in rapid sequence with a middle section punch with right fist

**End**

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