## PATTERN 4 (20 Steps)

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

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           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           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           Move left foot one step forward to form a left forward stance; execute a pressing downward block with right planm and a spear-hand thrust with left hand           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 foot; drop right foot to form right forward stance; execute a middle section punch with left fist           Execute a side middle section kick with right foot; drop right foot to form a left back stance; execute a middle section kick with right foot; drop right foot to form a left back stance; execute a middle section nang kick with right hot; hot to form a left back stance; execute a middle section nang kick with right foot; move right foot back forming a right back stance; execute a middle section inside block with right outer forearm           Turn body to left moving left foot to form a left forward stance; execute a high section outside block with left outer forearm           Execute a front middle section snap kick with right foot; move right foot back forming a left back stance; execute a middle section snap kick with right foot; drop right foot back forming a left back stance; execute a middle section snap kick with right foot; drop right foot to form a right forward stance; execute a middle section snap k	Step	Description
1         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 half end to form a left forward stance; execute a pressing downward block with right palm and a spear-hand thrust with left hand           5         Move left foot one step forward to form a left forward stance; execute a high section block with left noving left foot to form a left forward stance; execute a high section block with left foot; drop right foot to form right forward stance; execute a niddle section stick with right foot; drop right foot to form right forward stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right half whife-hand; left knife-hand protects solar plexus           7         Execute a side 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           9         Turn body right to form a left back stance; execute a middle section outside block with right douter forearm           11         Turn body right to form a left back stance; execute a middle section outside block with right back stance; execute a middle section inside block with right outer forearm           10         Execute a front middle section snap kick with left foot; move right foot back forming a left ba		
2       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 right palm and a spear-hand thrust with left hand         6       Execute a front middle section strike with right foot; drop right foot to form right forward stance; execute a middle section kick with left foot; drop left foot forward         7       Execute a side middle section kick with left foot; drop left foot to form a left back stance; execute a middle section block with right half e-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 right 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 nuside block with right outer forearm         11       Turn body to left moving left foot to form a left forward stance; execute a high section block with left outer forearm         12       Execute a front middle section snap kick with right foot; move left foot back forming a left back stance; execute a middle section snap kick with right foot; drop right foot to form a right forward stance; execute a middle section s		
downward block with left paim 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 a left back stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right foot; move right foot back forming a right back stance; execute a middle section inside block with right outer forearm           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 back forming a left back stance; execute a middle section snap kick with left outer forearm           11         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 back fist           12         Execute a front middle section snap kick with right	2	
3         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         Diver 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 a left broward forward stance; execute a middle section punch with left fist           7         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         right back stance; execute a middle section niside block with right outer forearm           11         Turn body to left moving left foot to form a right back stance; execute a middle section snap kick 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 strike with right knife-hand           13         Durn 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		downward block with left palm and a spear-hand thrust with right hand
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 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         stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block 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 snap kick with right foot; drop right foot to form a right forward stance; execute a high section strike with right knife-hand           14         Execute a front middle section sn	3	Turn body to right moving right foot to form a left back stance; execute a middle section
4       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 kick with left foot; drop right foot to form a left back stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right back stance; execute a middle section block with right back stance; execute a middle section block with right back stance; execute a middle section snap kick with right foot; move right foot back forming a right back stance; execute a middle section nap kick with right foot; move right foot back forming a right back stance; execute a middle section inside block with right outer forearm         10       Execute a front middle section snap kick with right foot; move right foot back forming a left 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 block with right outer forearm         12       back stance; execute a middle section snap kick with right foot; drop right foot to form a right section block with right half foot; drop right foot to form a right forward stance; execute a high section strike with right half foot; drop right foot to form a right back stance; execute a high section strike with right back fist         12       back stance; execute a middle section snap kick with right foot; drop right foot to form a right forward stance; execute a middle section		block with right knife-hand; left knife-hand protects solar plexus
downward block with right palm and a spear-hand thrust with left hand           5         Diock with 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 right foot; drop right foot to form a left back stance; execute a middle section block with right foot; drop right foot to form a left back stance; execute a middle section block with right stance; execute a middle section block with right back stance; execute a middle section solar plexus           9         Turn body to left moving left foot to form a right back stance; execute a middle section outside block with right outer forearm           10         Execute a front middle section snap kick with right foot; move right foot back forming a left back stance; execute a middle section inside block with right outer forearm           11         right back stance; execute a middle section snap kick with left 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 snap kick with right half enhand           13         Turn body to left moving left foot to form a left forward stance; execute a high section 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 right back fist	4	Move left foot one step forward to form a left forward stance; execute a pressing
<ul> <li>block with left knife-hand and a high section strike with right knife-hand</li> <li>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</li> <li>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 hife-hand; left knife-hand protects solar plexus</li> <li>Turn body to left moving left foot to form a right back stance; execute a 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</li> <li>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</li> <li>Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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 right foot to form a left back stance; execute a middle section snap kick with right foot; drop right foot to form a right back stance; execute a middle section snap kick with right foot; drop right foot to form a right back stance; execute a high section strike with right back fist</li> <li>Turn body to left moving left foot to form a left foot; drop right foot to form a right forward stance; execute a high section strike with right back fist</li> <li>Turn body left form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with left ou</li></ul>		
block with left knite-hand and a high section strike with right knite-hand         6       Execute a front middle section snap kick with right foot; drop right foot to form right forward stance; execute a middle section kick with left foot; drop left foot forward         7       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 foot; drop right foot to form a left back stance; execute a middle section block with right foot; move right foot back forming a right back stance; execute a 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         10       run body to left moving left foot to form a right back stance; execute a middle section outside block with right to form a left 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 snap kick with right foot; drop right foot to form a right forward stance; execute a high section strike with right back fist         14       Turn body to left moving left foot to form a left forward stance; execute a high section strike with right back fist         13       Turn body left to form a left walking stance; execute a middle section inside block with le	5	
<ul> <li>forward stance; execute a middle section punch with left fist</li> <li>Execute a side middle section kick with right foot; drop right foot to form a left back</li> <li>stance; execute a middle section block with right foot; drop right foot to form a left back</li> <li>stance; execute a middle section block with right hife-hand; left knife-hand protects</li> <li>solar plexus</li> <li>Turn body to left moving left foot to form a right back stance; execute a middle section outside block with left outer forearm</li> <li>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</li> <li>Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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</li> <li>Turn body to left moving left foot to form a left forward stance; execute a high section block with left not middle section snap kick with left foot; drop right foot to form a right forward stance; execute a high section strike with right foot; drop right foot to form a right forward stance; execute a high section strike with right back fist</li> <li>Turn body left no form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section double with right outer forearm; followed in rapid sequence wit</li></ul>		
<ul> <li>7 Execute a side middle section kick with left foot; drop left foot forward</li> <li>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 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</li> <li>9 Turn body to left moving left foot to form a right back stance; execute a middle section outside block with left outer forearm</li> <li>10 right back stance; execute a middle section inside block with right outer forearm</li> <li>11 Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>12 back stance; execute a middle section inside block with left outer forearm</li> <li>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 back fist</li> <li>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</li> <li>15 Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>16 Execute a middle section punch with right fist</li> <li>17 Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>18 Execute a middle section punch with left fist</li> <li>19 inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first</li> <li>20 Move right foot one step forward to form a right forward stance; execute a middle section double punches; right hand first</li> </ul>	6	
<ul> <li>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</li> <li>Turn body to left moving left foot to form a right back stance; execute a middle section outside block with left outer forearm</li> <li>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</li> <li>Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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</li> <li>Execute a front middle section snap kick with left foot; drop right foot to form a right forward stance; execute a high section strike with right back fist</li> <li>Turn body to left moving left foot to form a left forward stance; execute a high section block with left to form a right section strike with right back fist</li> <li>Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a right forward stance; execute a middle section double punches; right hand first</li> <li>Move right foot one step forward to form a</li></ul>		•
<ul> <li>stance; execute a middle section block with right knife-hand; left knife-hand protects solar plexus</li> <li>Turn body to left moving left foot to form a right back stance; execute a middle section outside block with left outer forearm</li> <li>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</li> <li>Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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</li> <li>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</li> <li>Turn body to left moving left foot to form a left forward stance; execute a high section block with left knife-hand</li> <li>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</li> <li>Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body right to form a right foot to form a left forward stance; execute a middle section inside block with right outer forearm; followed in rapid sequence with middle section</li> </ul>	/	· ·
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 foot; drop right foot to form a right forward stance; execute a high section strike with right back fist         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 left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm         18       Execute a middle section punch with left fist         19       inside block with left outer forearm; followed in rapid sequence with middle section double punch		
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 foot; drop right foot to form a right forward stance; execute a high section strike with right back fist         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 left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm         18       Execute a middle section punch with left fist         17       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 middl		-
<ul> <li>9 outside block with left outer forearm</li> <li>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</li> <li>11 Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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</li> <li>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 foot; drop right foot to form a right forward stance; execute a high section strike with right back fist</li> <li>14 Execute a front middle section punch with gt fist</li> <li>15 Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>16 Execute a middle section punch with right fist</li> <li>17 Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>18 Execute a middle section punch with left fist</li> <li>19 inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first</li> <li>20 Move right foot one step forward to form a right forward stance; execute a middle section</li> </ul>		•
10Execute 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 forearm11Turn body right to form a left back stance; execute a middle section outside block with right outer forearm12Execute 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 forearm13Turn 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 foot; drop right foot to form a right forward stance; execute a high section strike with right back fist14Execute a front middle section punch with right fist15Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm16Execute a middle section punch with right fist17Turn body left moving left foot to form a left forward stance; execute a middle section inside block with left outer forearm18Execute a middle section punch with left fist19inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first20section inside block with right outer forearm; followed in rapid sequence with middle	9	
<ul> <li>right back stance; execute a middle section inside block with right outer forearm</li> <li>Turn body right to form a left back stance; execute a middle section outside block with right outer forearm</li> <li>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</li> <li>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 foot; drop right foot to form a right forward stance; execute a high section strike with right back fist</li> <li>Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right foot stance; execute a middle section punch with left fist</li> <li>Move right foot one step forward to form a right forward stance; execute a middle section section double punches; right hand first</li> <li>Move right foot one step forward to form a right forward stance; execute a middle section</li> </ul>		
11Turn body right to form a left back stance; execute a middle section outside block with right outer forearm12Execute 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 forearm13Turn 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-hand14Execute 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 fist15Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm16Execute a middle section punch with right fist17Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm18Execute a middle section punch with left fist19inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first20section inside block with right outer forearm; followed in rapid sequence with middle	1()	
11       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       inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first         20       section inside block with right outer forearm; followed in rapid sequence with middle		
<ul> <li>back stance; execute a middle section inside block with left outer forearm</li> <li>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</li> <li>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</li> <li>Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm</li> <li>Execute a middle section punch with right fist</li> <li>Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm</li> <li>Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section inside block with right outer forearm; followed in rapid sequence with middle section double punches; right hand first</li> <li>Move right foot one step forward to form a right forward stance; execute a middle</li> </ul>	11	
back stance; execute a middle section inside block with left outer forearm13Turn 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-hand14Execute 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 fist15Turn body left to form a left walking stance; execute a middle section inside block with left outer forearm16Execute a middle section punch with right fist17Turn body right to form a right walking stance; execute a middle section inside block with right outer forearm18Execute a middle section punch with left fist19inside block with left outer forearm; followed in rapid sequence with middle section double punches; right hand first20section inside block with right outer forearm; followed in rapid sequence with middle	12	Execute a front middle section snap kick with left foot; move left foot back forming a left
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<ul> <li>17 with right outer forearm</li> <li>18 Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section</li> <li>19 inside block with left outer forearm; followed in rapid sequence with middle section</li> <li>double punches; right hand first</li> <li>Move right foot one step forward to form a right forward stance; execute a middle</li> <li>20 section inside block with right outer forearm; followed in rapid sequence with middle</li> </ul>		
<ul> <li>18 Execute a middle section punch with left fist</li> <li>Turn body left moving left foot to form a left forward stance; execute a middle section</li> <li>19 inside block with left outer forearm; followed in rapid sequence with middle section</li> <li>double punches; right hand first</li> <li>Move right foot one step forward to form a right forward stance; execute a middle</li> <li>20 section inside block with right outer forearm; followed in rapid sequence with middle</li> </ul>		
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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		
20 section inside block with right outer forearm; followed in rapid sequence with middle		

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