

## **PATTERN 1 (18 Steps)**

Pattern 1 must be mastered in order to qualify for **YELLOW BELT** advancement.

<b>Step</b>	<b>Description</b>
1	Turn body to left; move left foot to form a left walking stance; execute a low section block with left outer forearm
2	Move right foot one step forward forming a right walking stance; execute a middle section punch with right fist
3	Turn body to right and move right foot to form a right walking stance; execute a low section block with right outer forearm
4	Move left foot one step forward forming a left walking stance; execute a middle section punch with left fist
5	Turn body to left and move left foot to form a left forward stance; execute a low section block with left outer forearm
6	Execute middle section punch with right fist
7	Move right foot to form a right walking stance; execute a middle section inside block with left outer forearm
8	Move left foot one step forward forming a left walking stance; execute a middle section punch with right fist
9	Turn body to left and move left foot to form a left walking stance; execute a middle section inside block with right outer forearm
10	Move right foot one step forward forming a right walking stance; execute a middle section punch with left fist
11	Turn body to right, moving right foot to form a right forward stance; execute a low section block with right outer forearm
12	Execute middle section punch with left fist
13	Move left foot to form a left walking stance; execute a high section block with left outer forearm
14	Execute front middle section snap kick with right foot; drop right foot to form walking stance; execute a middle section punch with right fist
15	Turn body to right; move right foot to form right walking stance; execute a high section block with right outer forearm
16	Execute front middle section snap kick with left foot; drop left foot to form walking stance; execute a middle section punch with left fist
17	Turn body to right and move left foot to form left forward stance; execute a low section block with left outer forearm
18	Move right foot one step to form a right forward stance; execute a middle section punch with right fist; upon completion of step, "Shout"

### **End**

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