

BASIC PATTERN

READY STANCE

¼ turn left. **FRONT STANCE.**
LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH.

½ turn right. **FRONT STANCE.**
RIGHT LOW BLOCK.

Step forward left foot. **FRONT STANCE.**
LEFT MIDDLE PUNCH.

¼ turn left. **FRONT STANCE.**
LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH.

Step forward left foot. **FRONT STANCE.** LEFT
MIDDLE PUNCH.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH. **KIEP.**

¾ turn left with back leg. **FRONT STANCE.**
LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH.

½ turn right. **FRONT STANCE.**
RIGHT LOW BLOCK.

Step forward left foot. **FRONT STANCE.**
LEFT MIDDLE PUNCH.

¼ turn left. **FRONT STANCE.**
LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH.

Step forward left foot. **FRONT STANCE.** LEFT
MIDDLE PUNCH.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH. **KIEP.**

¾ turn left with back leg. **FRONT STANCE.**
LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**
RIGHT MIDDLE PUNCH.

½ turn right. **FRONT STANCE.**
RIGHT LOW BLOCK.

Step forward left foot. **FRONT STANCE.**
LEFT MIDDLE PUNCH.

Return to ready stance.