

South East Aust Tae Kwon-do

Yellow Belt Green Tip (7th Grade) Pattern

From a Ready position

- 1..... Step to the left into a left forward stance left forearm block
- 2..... Right reverse punch
- 3..... Turn 180 deg around to the right step down into a right forward stance right forearm block
- 4..... Left reverse punch
- 5..... Front kick off left leg at 90 deg (to the left) followed by right side kick (mid section) then left back kick (upper section) step down into a right back stance left back fist
- 6..... Right leg steps out 90 deg (to the right) into a right forward stance forearm block then left reverse punch
- 7..... Turn 180 deg around to the left step down into a left forward stance forearm block then right reverse punch
- 8..... Right leg steps around 45 deg off centre (or 135deg from your last position) into a left forward stance twin forearm block
- 9..... Right front kick (mid section) step down into a right forward stance right left punch
- 10..... Right leg steps 45 deg off centre (or 90 deg to the right) into a right forward stance twin forearm block
- 11..... Left front kick (mid section) step down into a left forward stance left right punch
- 12..... Left leg steps 45 deg to the left into a left forward stance raising block followed by right reverse hooking punch
- 13..... Step through into a right forward stance raising block followed by left reverse hooking punch
- 14..... Right foot steps across to the left (about 12 inches) pivot on your right foot spin 225 deg to the left stepping out into a riding stance left knifehand strike
- 15..... Look to the right right foot lifts up slide to the right knifehand strike riding stance (with right hand)

Remain in your last position until Instructed otherwise .

When doing patterns in your own time **Kiah** loudly on last move.