Yoons Martial Arts School Pattern 4

Steps:24

Ki-Haps: 4 - #10, 20, 22, 24

Main movement: Kum kang mountain block (golden Mountain)

Element: Thunder

Rank: Green belt - Blue stripe





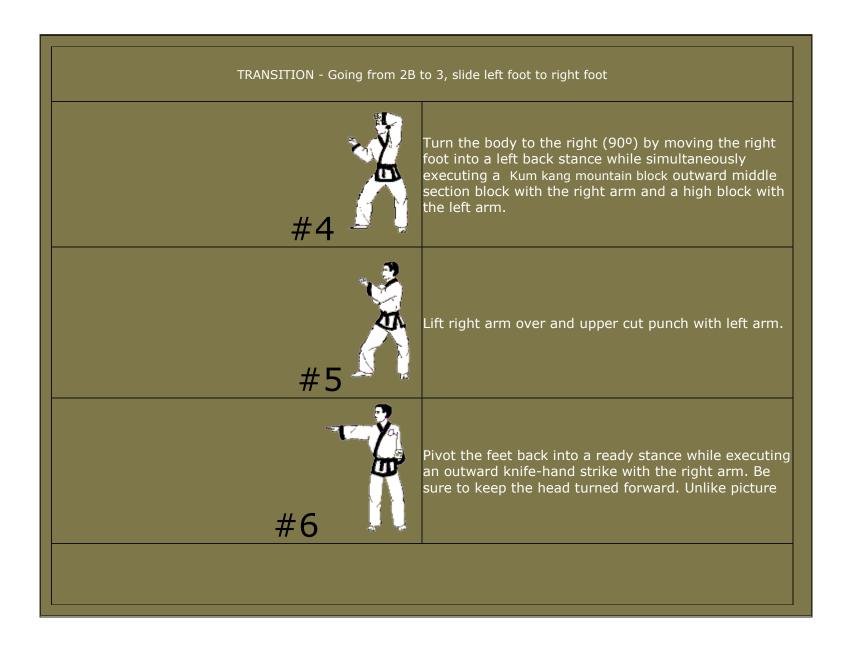
Turn left (90°) by moving the left foot into a right back stance while simultaneously executing a Kum kang mountain block outward middle block with the left arm and a high block with the right arm

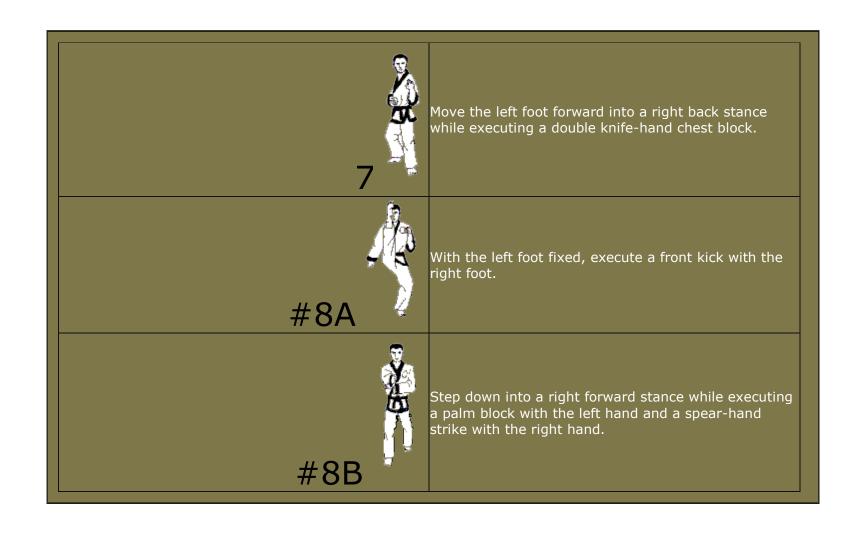


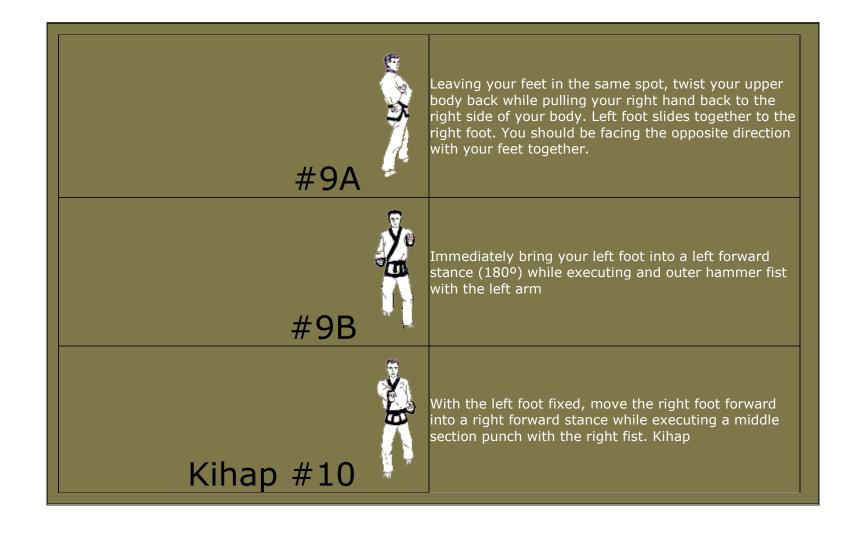
Lift left arm over and upper cut punch with right arm.

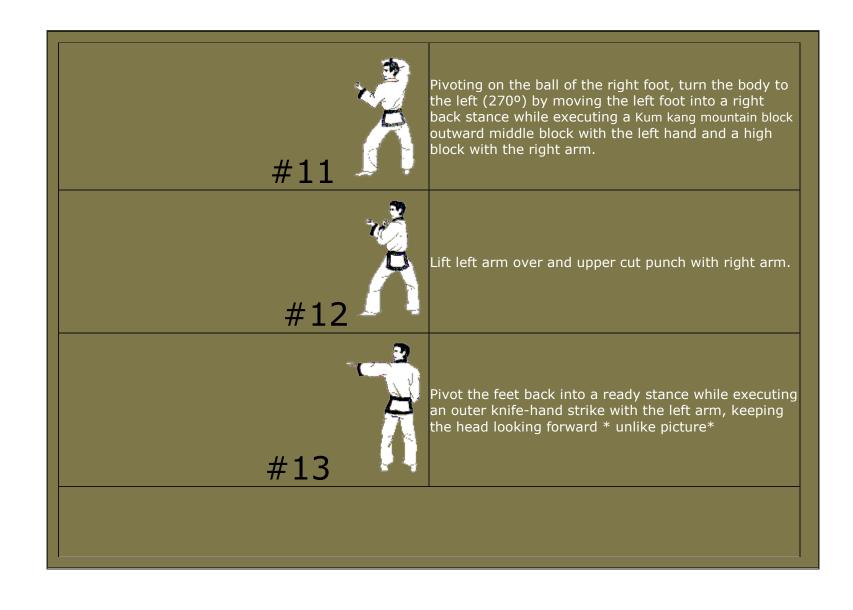


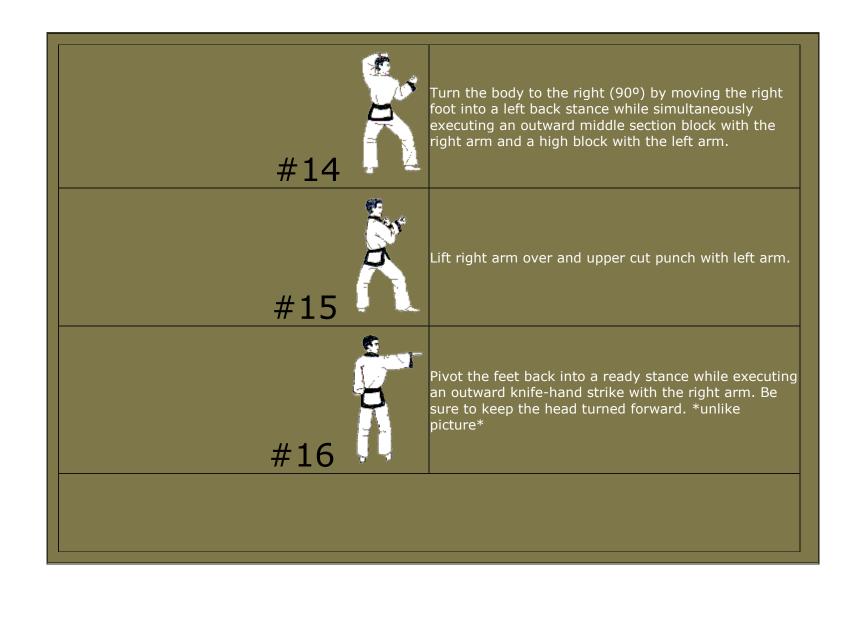
Pivot the feet back into a ready stance while executing an outer knife-hand strike with the left arm, keeping the head turned forward * unlike picture

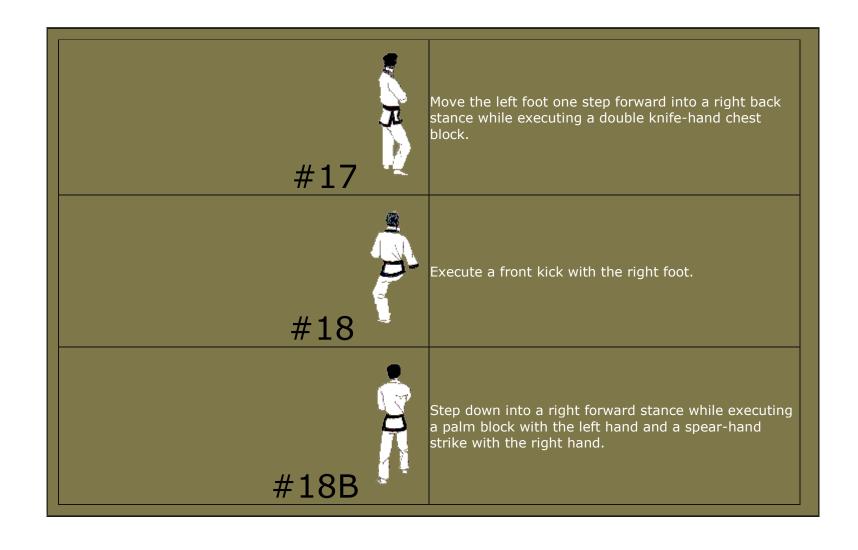


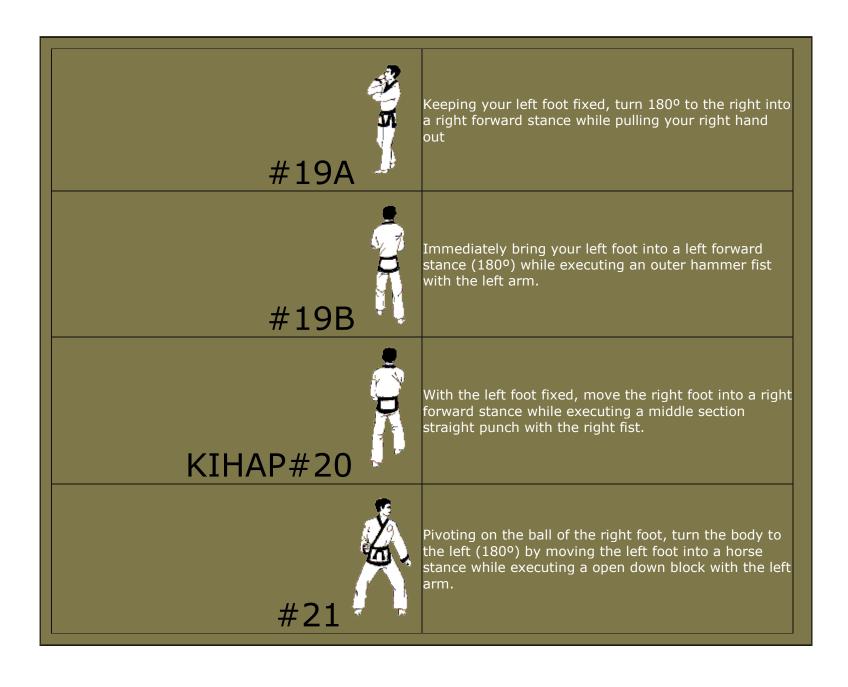














Turn 90° to the left, stepping into a left forward stance while executing a chest punch with the right fist

TRANSITION - Going from 22 to 23, slide left foot to right foot



Pull the left foot into a horse stance while executing a down block with the right hand.



Turn 90° to the right, stepping into a right forward stance while executing a middle section straight punch with the left arm.

#24

