

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

## Pal Gwe Sa Jang Pattern 4

#1



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

#2A



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

#3



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

TRANSITION - Going from 2B to 3, slide left foot to right foot

#4



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

#5



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

#6



Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned forward. Unlike picture

7



Move the left foot forward into a right back stance while executing a double knife-hand chest block.

#8A



With the left foot fixed, execute a front kick with the right foot.

#8B



Step down into a right forward stance while executing a palm block with the left hand and a spear-hand strike with the right hand.



#9A

Leaving your feet in the same spot, twist your upper body back while pulling your right hand back to the right side of your body. Left foot slides together to the right foot. You should be facing the opposite direction with your feet together.



#9B

Immediately bring your left foot into a left forward stance (180°) while executing and outer hammer fist with the left arm



Kihap #10

With the left foot fixed, move the right foot forward into a right forward stance while executing a middle section punch with the right fist. Kihap

#11



Pivoting on the ball of the right foot, turn the body to the left (270°) by moving the left foot into a right back stance while executing a Kum kang mountain block outward middle block with the left hand and a high block with the right arm.

#12



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

#13



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

#14



Turn the body to the right (90°) by moving the right foot into a left back stance while simultaneously executing an outward middle section block with the right arm and a high block with the left arm.

#15



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

#16



Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned forward. \*unlike picture\*



#17

Move the left foot one step forward into a right back stance while executing a double knife-hand chest block.



#18

Execute a front kick with the right foot.



#18B

Step down into a right forward stance while executing a palm block with the left hand and a spear-hand strike with the right hand.

#19A



Keeping your left foot fixed, turn 180° to the right into a right forward stance while pulling your right hand out

#19B



Immediately bring your left foot into a left forward stance (180°) while executing an outer hammer fist with the left arm.

KIHAP#20



With the left foot fixed, move the right foot into a right forward stance while executing a middle section straight punch with the right fist.

#21



Pivoting on the ball of the right foot, turn the body to the left (180°) by moving the left foot into a horse stance while executing an open down block with the left arm.



#22



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

#23



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

#24



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

**Back To Ready Stance**



Return to Ready Stance