

4th Dan Pattern

Open Stance Chumbi

Left leg forward at 45 degree angle, rear hand palm low block, front punch, dodge, front punch, front vertical downward punch (defensive), rear punch (shift forward), front leg heel kick/downward kick, rear punch, front open hand outward block (defensive), grab, headbutt, rear round knee strike (after contact, leg goes back behind you), front round elbow (defensive).

To the left, sliding sidekick, sliding spinning consecutive sidekick, front knife hand strike, rear punch/vertical downward punch (consecutive, same hand), sliding backwards front leg heel kick, step back into side stance, sliding backwards front leg side kick (land in a front stance), front knife hand strike (shifting forward), rear punch, front reverse knife hand (defensive), consecutive swing kick (instep)/reverse swing kick/swing kick (instep) with front leg, step down into parallel stance, shifting to the left, front knife hand strike.

Right leg forward at 45 degree angle, rear hand palm low block, front punch, dodge, front punch, front vertical downward punch (defensive), rear punch (shift forward), front leg heel kick/downward kick, rear punch, front open hand outward block (defensive), grab, headbutt, rear round knee strike (after contact, leg goes back behind you), front round elbow (defensive).

To the right, sliding sidekick, sliding spinning consecutive sidekick, front knife hand strike, rear punch/vertical downward punch (consecutive, same hand), sliding backwards front leg heel kick, step back into side stance, sliding backwards front leg side kick (land in a front stance), front knife hand strike (shifting forward), rear punch, front reverse knife hand (defensive), consecutive swing kick (instep)/reverse swing kick/swing kick (instep) with front leg, step down into parallel stance, shifting to the right, front knife hand strike.

Left leg swing kick to the front, spinning twisting kick, front punch, rear punch, rear leg swing kick, rear round palm strike, jumping front hand punch/rear hand vertical round punch, land in front stance, rear hand spinning back elbow (strike behind you as you turn to the rear), consecutive front leg twisting kick, rear punch, front hand inward palm block (weight forward), rear punch, front round punch (defensive), rear upward elbow, rear inward elbow.

Right leg swing kick to the front, spinning twisting kick, front punch, rear punch, rear leg swing kick, rear round palm strike, jumping front hand punch/rear hand vertical round punch, land in front stance, rear hand spinning back elbow (strike behind you as you turn to the rear), consecutive front leg twisting kick, rear punch, front hand inward palm block (weight forward), rear punch, rear elbow, front round punch (defensive), rear upward elbow, rear inward elbow.

Front leg steps back to paro