

BASIC PATTERN (Eltham Taekwondo)

Footwork	Stance	Face direction	Action
1 Left foot steps left	Horse riding stance	Front	Left palm body block
2 Same stance	Horse riding stance	Front	Right chop to neck
3 Both feet step right	Horse riding stance	Front	Right palm body block
4 Same stance	Horse riding stance	Front	Left chop to neck
5 Right foot steps back	Left forward stance	Front	Right body block
6 Right foot steps forward one full step	Right forward stance	Front	Ready for kicking
7 Left foot steps forward	Left forward stance	Front	Left front kick, then left/right double body punch (yell)
8 Turn to back	Right forward stance	Back	Left body block
9 Left foot steps forward one full step	Left forward stance	Back	Ready for kicking
10 Right foot steps forward	Right forward stance	Back	Right front kick, then right/left double body punch (yell)
END Pivot on right foot	Natural stance	Front	Finish position