

## WeiWu Taekwondo



### Pattern 8

1.	Right Back Stance	Left Supported Outside Body Block
2.	Left Front Stance	Right Body Punch
3.	Left Front Stance	Double Front Kick + Kihap Left Body Block + Double Punch
4.	Right Front Stance	Right Body Punch
5.	Right Front Stance (diagonal in linear line)	Right Single Mountain Block
6.	Left Front Stance	Right Uppercut Punch
7.	Left Front Cross Stance Left Front Stance (diagonal in linear line)	Left Single Mountain Block
8.	Right Front Stance	Left Uppercut Punch
9.	Right Back Stance	Left Knife Hand Body Block
10.	Left Front Stance	Right Body Punch
11.	Right Cat Stance	Right Front Kick Right Palm Block
12.	Left Cat Stance	Left Knife Hand Body Block
13.	Left Front Stance	Left Front Kick (front foot) Right Body Punch
14.	Left Cat Stance	Left Palm Block
15.	Right Cat Stance	Right Knife Hand Body Block
16.	Right Front Stance	Right Front Kick (front foot) Left Body Punch
17.	Right Cat Stance	Right Palm Block
18.	Left Back Stance	Right Supported Low Block
19.	Right Front Stance	Front Kick + Jumping Front Kick + Kihap Right Body Block + Double Punch
20.	Right Back Stance	Left One Hand Knife Hand Outside Body Block
21.	Left Front Stance	Right Elbow Turning Strike
22.	Left Front Stance	Right Back Fist Strike
23.	Left Front Stance	Left Body Punch
24.	Left Back Stance	Right One Hand Knife Hand Outside Body Block
25.	Right Front Stance	Left Elbow Turning Strike
26.	Right Front Stance	Left Back Fist Strike
27.	Right Front Stance	Right Body Punch