

Pattern 7

1.	Left Cat Stance	Right Palm Block
2.	Left Cat Stance	Right Front Kick Left Body Block
3.	Right Cat Stance	Left Palm Block
4.	Right Cat Stance	Left Front Kick Right Body Block
5.	Right Back Stance	Left Knife-Hand Low Block
6.	Left Back Stance	Right Knife-Hand Low Block
7.	Left Cat Stance	Right Supported Palm Block
8.	Left Cat Stance	Right Supported Back Fist Strike
9.	Right Cat Stance	Left Supported Palm Block Strike
10.	Right Cat Stance	Left Supported Back Fist
11.	Attention Stance	Covered Fist
12.	Left Front Stance	Left Scissors Block + Right Scissors Block
13.	Right Front Stance	Right Scissors Block + Left Scissors Block
14.	Left Front Stance	Body Cleaving Block Grab Head + Right Knee Strike
15.	Left Rear Cross Stance	Two Fists Inverted Punch
16.	Right Front Stance	Right Supported Low Block
17.	Right Front Stance	Body Cleaving Block Grab Head + Left Knee Strike
18.	Right Rear Cross Stance	Two Fists Inverted Punch
19.	Left Front Stance	Left Supported Low Block
20.	Left Walking Stance	Left Side Back Fist Strike
21.	Horse Riding Stance	Right Crescent Kick to Palm Right Elbow Target Strike
22.	Right Walking Stance	Right Side Back Fist Strike
23.	Horse Riding Stance	Left Crescent Kick to Palm Left Elbow Target Strike
24.	Horse Riding Stance	Left One Hand Knife Hand Outside Body Block
25.	Horse Riding Stance	Right Hand Punch + Kihap