

WeiWu Taekwondo



Pattern 5

1.	Left Front Stance	Left Low Block
2.	Left Stance	Left Hammer Fist Strike
3.	Right Front Stance	Right Low Block
4.	Right Stance	Right Hammer Fist Strike
5.	Left Front Stance	Left Body Block Right Body Block
6.	Right Front Stance	Right Front Kick Right Back Fist Strike + Left Body Block
7.	Left Front Stance	Left Front Kick Left Back Fist Strike + Right Body Block
8.	Right Front Stance	Right Back Fist Strike
9.	Right Back Stance	Left One Hand Knife-Hand Outside Body Block
10.	Right Front Stance	Right Elbow Turning Strike
11.	Left Back Stance	Right One Hand Knife-Hand Outside Body Block
12.	Left Front Stance	Left Elbow Turning Strike
13.	Left Front Stance	Left Low Block + Right Body Block
14.	Right Front Stance	Right Front Kick Right Low Block + Left Body Block
15.	Left Front Stance	Left Face Block Left Small Hinge
16.	Right Front Stance	Right Side Kick Left Elbow Target Strike
17.	Right Front Stance	Right Face Block Right Small Hinge
18.	Left Front Stance	Left Side Kick Right Elbow Target Strike
19.	Left Front Stance	Left Low Block + Right Body Block
20.	Left Rear Cross Stance	Right Front Kick Right Back Fist Strike + Kihap