



Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
 2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
 3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
 4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
 5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
 6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
 8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
 9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
 10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
 11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
 12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
 13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
 14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
 15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
 16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
 17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
 19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the left foot back to a ready posture.

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