

002-11: Four Way Patterns

- [002-1101: Four Way Pattern](#)
- [002-1102: Four Way Pattern Block-Step-Punch](#)

002-1101: Four Way Pattern

Summary

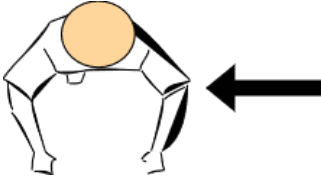
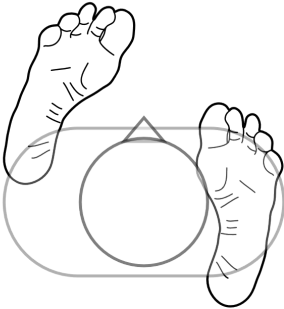
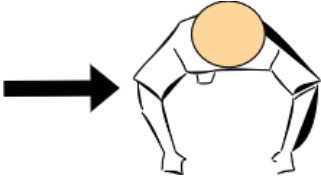
The first kata you learn, designed to help aid in rotating and moving between stances.

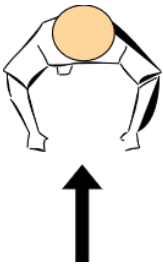
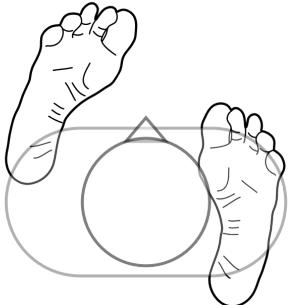
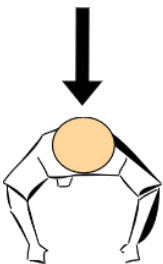
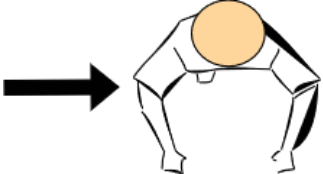
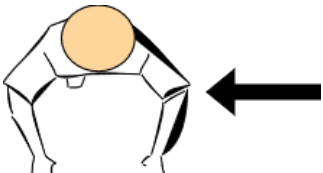
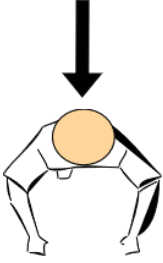
Type	Pattern
Sub-Type	Kata
Introduced at	10th Kyu

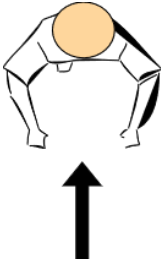
Video

<https://www.youtube.com/embed/SePNh8CRCOc?si=NnKtIUUsL2sT-AVN>

Pattern

	Enbu-sen	Stance	Technique
1			Eyes: 12 O’Clock Rotating counter-clockwise from yoi L Upper Block
2			Eyes: 12 O’Clock Rotating clockwise from previous count R Upper Block

	Enbu-sen	Stance	Technique
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block

	Enbu-sen	Stance	Technique
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block

002-1102: Four Way Pattern Block-Step-Punch

Summary

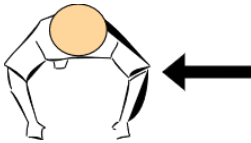
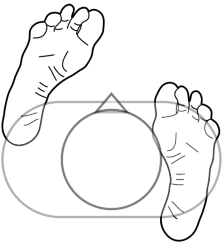
Building on from the four way pattern, adds an extra layer with stepping & striking.

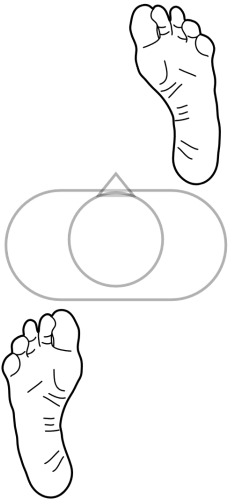
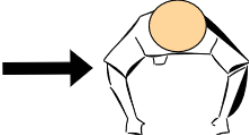
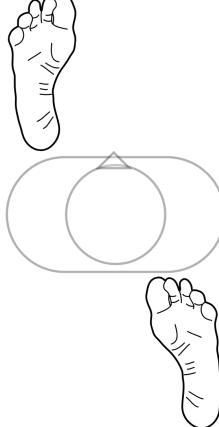
Type	Pattern
Sub-Type	Kata
Introduced at	10th Kyu

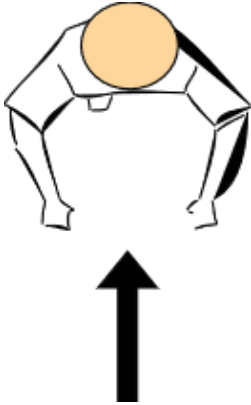
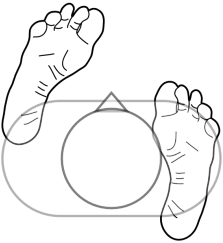
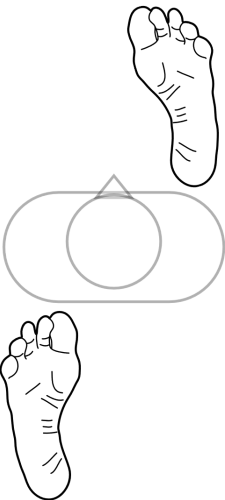
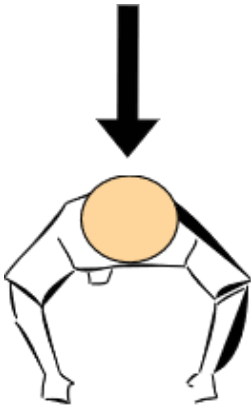
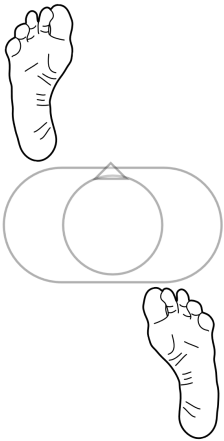
Video

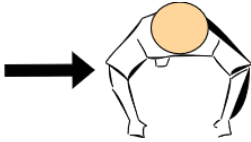
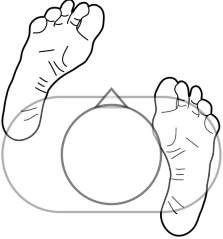
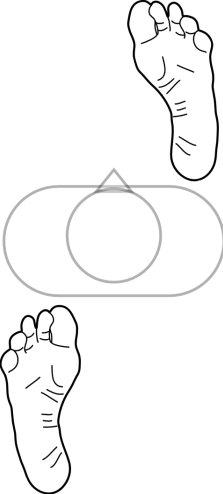
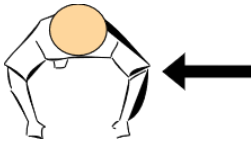
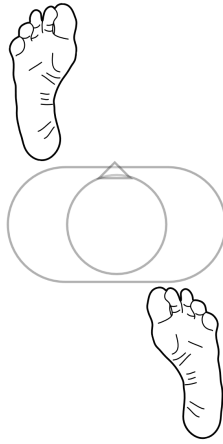
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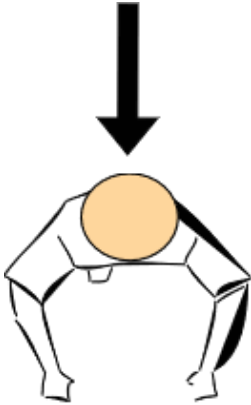
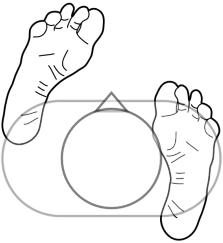
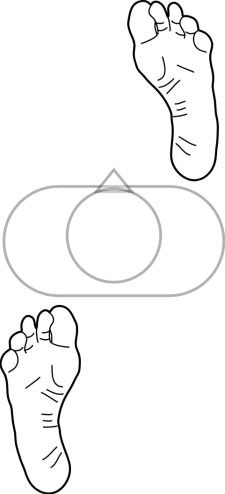
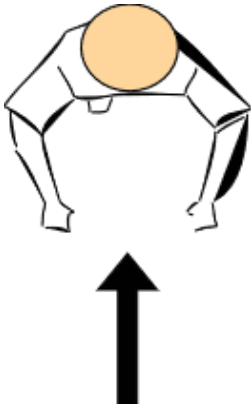
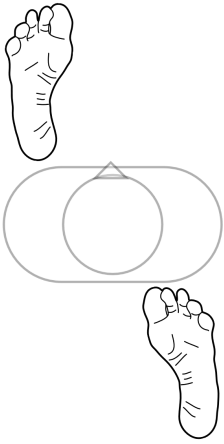
Pattern

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1			Eyes: 12 O'Clock Rotating counter-clockwise from yoi L Upper Block	Moving arm up to expose armpit

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
		Step Through R Upper Punch¹	1 - L auxillary area (Under armpit)	
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block	Moving arm up to expose armpit
			Step Through L Upper Punch¹	1 - R auxillary area (Under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block	Moving arm up & offline
			Step Through R Upper Punch¹	1 - Under the chin (Point 9/10)
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block	
			Step Through L Upper Punch¹	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block	Moving arm up to expose armpit
			Step Through R Upper Punch¹	1 - R auxillary area (Under armpit)
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block	Moving arm up to expose armpit
			Step Through L Upper Punch¹	1 - L auxillary area (Under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1			Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block	
			Step Through R Upper Punch¹	
2			Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block	Moving arm up & offline
			Step Through L Upper Punch¹	1 - Under the chin (Point 9/10)