

002-1101: Four Way Pattern

Summary

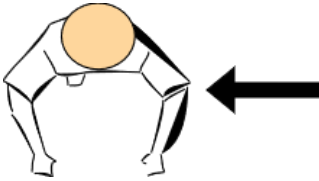
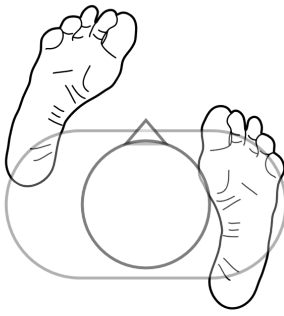
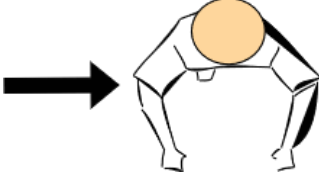
The first kata you learn, designed to help aid in rotating and moving between stances.

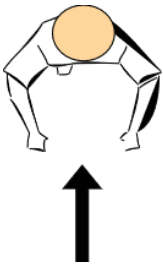
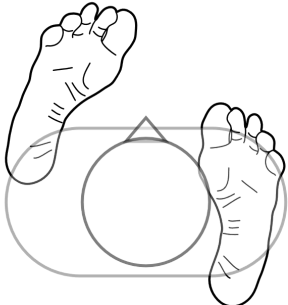
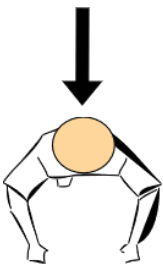
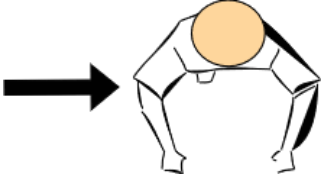
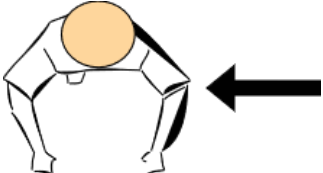
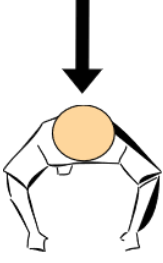
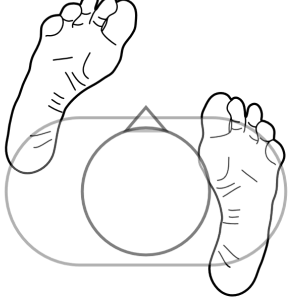
Type	Pattern
Sub-Type	Kata
Introduced at	10th Kyu

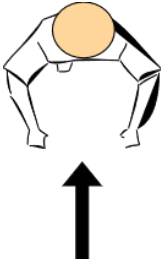
Video

<https://www.youtube.com/embed/SePNh8CRCOc?si=NnKItIUsl2sT-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

Revision #8
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