

SINGLE SJB PATTERN 3

BASED ON GSHIM 3

Step out with the **Right** foot to get ready

Get Ready has each hand holding 1 stick

Step back with the **Right** Foot into a front stance

1. Low X-Block with the SSJB
2. SSJB thrust straight ahead, keep the sticks crossed
3. Low X-Block with the SSJB
4. **Right** knee strike
5. **Right** jump front kick

Land in a **Right** front stance

6. **Right** over the shoulder pass
7. **Left** over the shoulder pass

Bring SSJB over Right shoulder

8. Forward rotation and catch
9. **Left** foot steps forward for a **Right** turn side kick

Land in a **Right** front stance

10. **Right** over the shoulder pass
11. **Left** over the shoulder pass

Bring SSJB over **Right** shoulder

Middle Stance to the **Left** side

12. **Right** #1 strike
13. Pass around the back

Grab each stick

SINGLE SJB PATTERN 3

BASED ON GSHIM 3

Step back with the **Left** Foot into a front stance

14. Low X-Block with the SSJB
15. SSJB thrust straight ahead, keep the sticks crossed
16. Low X-Block with the SSJB
17. **Left** knee strike
18. **Left** jump front kick

Land in a **Left** front stance

19. **Left** over the shoulder pass
20. **Right** over the shoulder pass

Bring SSJB over **Left** shoulder

21. **Right** foot steps forward for a **Left** turn side kick

Land in a **Left** front stance

22. **Left** over the shoulder pass
23. **Right** over the shoulder pass

Bring SSJB over **Left** shoulder

Middle Stance to the **Left** side

24. **Left** #1 Strike
25. Pass around the back

Grab each stick

End