



## *Pattern White Tiger*

White Tiger is the fourth ensodo empty hand pattern, and is learnt by students who have achieved their 8<sup>th</sup> Kup (yellow belt).

White Tiger is named after the White Tiger Class in Moreton-in-Marsh, where ensodo was first demonstrated on the 50<sup>th</sup> birthday of its founder, Neil R. Hall, on 3<sup>rd</sup> February, 2010.

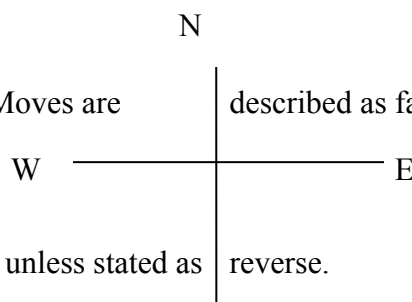
The 24 movements of the pattern denote that the White Tiger Taekwondo Class, born in the Cotswold snow a year earlier, expanded to include the very first ensodo class, on 24<sup>th</sup> February, 2010.

White Tiger is also so named because it includes moves from Tiger Claw Kung Fu, as demonstrated by Master Lawrence Tan at Tan Dao Kung Fu in New York. Master Tan's work was instrumental in the design of ensodo.

### **Notes about the pattern description.**

The pattern is designed as if an imaginary combat against one or more opponents. Sometimes the description refers to the action of the moves on the imaginary opponent.

Use points of the compass to learn direction. Moves are described as facing N, S, E, or W.



All blocks are obverse – i.e. with the lead arm, unless stated as reverse.

L stances are named by the back foot – i.e. a right L stance has the right foot back.

Walking stances are named by the front foot – i.e. a right walking stance has the right foot forward.

The pattern should be conducted in either its “strong” form, as described, or in its creative form, with the flow of the moves adapted to the breathing, rhythm, and creative insights of the student.

## Pattern Moves



Starting position: parallel ready stance over the starting mark, facing N.

1. Take right leg back towards S, into a right L stance, with an inward moving outer forearm block.
2. Maintaining that stance, execute a reverse hand hooking block, still facing N.
3. Sweep lead (left) arm in a clockwise movement as if to fold the opponent's elbow outwards, and step forward to N, into a left L stance, with an obverse (i.e right arm) elbow strike towards N.
4. Swivel the stance to make a right L stance on the same spot, with body facing S, but keep head and eyes looking towards N, and execute a back elbow drive with the right arm.
5. Maintain the focus towards the N, while swivelling back into a left L stance, and execute an obverse (i.e. right hand) knife hand strike to the N.
6. Twist the hand to execute an obverse inward (palm up) knife hand strike.
7. Twist the hand to execute an obverse knife hand strike.
8. Maintain the hand palm down to execute an obverse reverse knife hand strike (ridge hand).
9. Turn the right foot a quarter turn to point W and widen the stance slightly by moving the left foot to the S, into a sitting stance, facing W. Execute a double palm pressing block, straight out to the W away from the centre of the body.
10. Turn head right to face N, and turn the right foot a quarter turn to point N, moving back into a left L stance facing N. Sweep the right arm down and then up and in continue for a complete rotation in a clockwise direction, as if to come outside, then over and then round an opponent's elbow to finish with the hand as if on the opponent's shoulder (snake arm). Keep the left hand in the shape and position of the pressing block.
11. Sweep backwards anti-clockwise towards the N with the left leg, completing a 180 degree rotation, raising left hand and lowering right, as in a take down. Finish facing S in a left L stance.
12. Still facing S, execute an obverse knife hand block.
13. Still facing S, execute an obverse hooking block.
14. Step forward clockwise with the left leg, completing a 180 degree rotation to finish facing S in a right L stance, while lifting left hand in an inward moving knife hand shape, as if connecting with the opponent's shoulder, while maintaining the hooking block with the right hand.
15. Step backwards clockwise with the right leg, completing a 180 degree rotation to finish facing N in a right L stance, bringing the left hand down and the right hand up, as if in a take down.
16. Turn to face S, slipping the right foot out to the right, to complete a right walking stance facing S, while executing a reverse (i.e. left arm) elbow strike to the S.
17. Swivel feet, knees and hips to twist into a left L stance facing E, while executing an upward striking reverse (i.e. right arm) elbow strike to the E.



18. Maintain the same stance, facing E, and execute a rib-level obverse (i.e. left arm) back of wrist strike to the E.
19. Maintain the same stance, facing E, and execute a chin-level reverse (i.e. right arm) back of wrist strike to the E.
20. Swivel clockwise to face S in a right walking stance, and execute an obverse (i.e. right hand) knife hand strike to the S.
21. Turn palm up and execute an obverse inward (i.e. palm up) knife hand strike to the S.
22. Bright right foot round anti-clockwise slightly more than 180 degrees, to finish in a left L stance facing N, while executing an obverse (i.e. right hand) tiger claw strike to the N.
23. Step back clockwise with the right leg, to finish in a right L stance facing N, while executing an obverse (i.e. left hand) tiger claw strike to the N.
24. Bring right foot back beside left in parallel ready stance, over the starting mark.