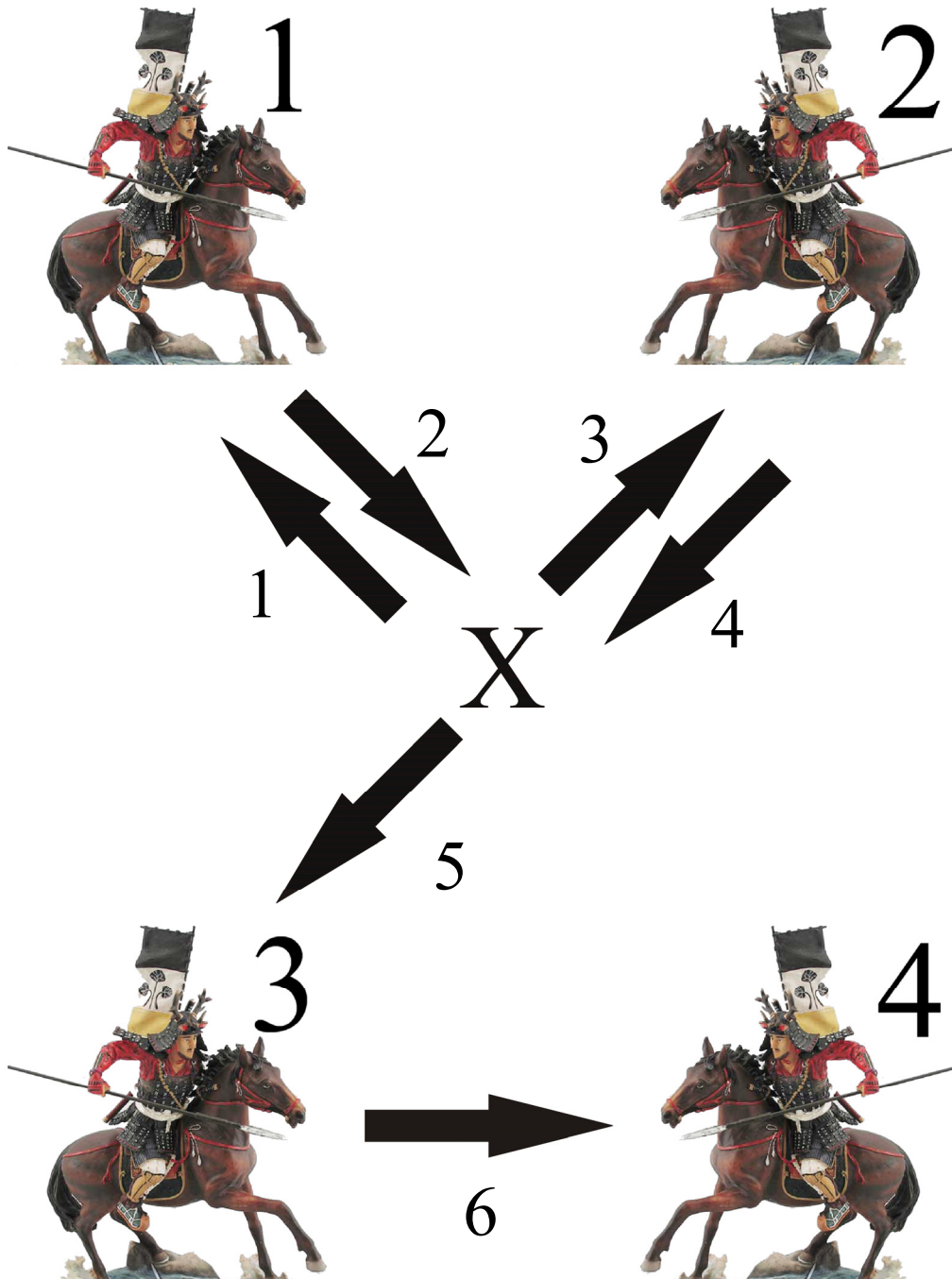


The Four Horsemen – A Creative Form by Ben Myers

Purpose: The Four Horsemen pays tribute to the story and legend of the unarmed Okinawan peasant whose body and simple farm tools were the only weapons available against the warlord's Japanese samurai.

Pattern: Our warrior is attacked by four samurai on horseback. The first Samurai (1) rides in at a 45° angle at a 10:30 position on the clock. After defeating this opponent, the warrior arrives back at center position and must face the second Samurai (2) who attacks from a 45° angle at 1:30. Our warrior is again forced back to center position where the samurai is finally defeated. The third Samurai (3) arrives from a 45° angle at a 7:30 position; the fourth and final samurai (4), who is at 4:30 relative to center position, attacks directly from 3:00 relative to our warrior. In three of the four cases, our warrior must first use the jump front kick to unhorse the samurai. The pattern is as follows:



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Techniques:

1.	Attention, Bow, Ready Stance, Extend Fingertips, Join Hands Together in Triangle
2.	Look to left 10:30 and shift into front stance at left 45°
3.	Samurai #1: Right Leg Jump Front Kick with Kiai – land in front stance
4.	Step forward with left foot into front stance – Left High Block
5.	Right Hand Palm Heel Strike, Left Hand Reverse Punch
6.	Brings Hands Up – Right Out-to-In Sweep Kick
7.	Land in Horse Ride Stance while chambering for Side Sudo Strike – Perform Right Hand Side Sudo
8.	Retreating Left In-to-Out Block in Backset Stance
9.	Retreating Right In-to-Out Block in Backset Stance
10.	Retreating Left Open Hand High Block in Backset Stance
11.	Retreating Left Chair Block / Right Knife Hand in Front Stance
12.	Step Forward with left foot into Front Stance – Left Roundhouse Elbow, Right Uppercut, extend Front Stance into Right Knee Smash with Kiai
13.	Step back with right leg into quick Ready Stance; look right to 1:30 and step back with right leg into left foot forward front stance facing to right 45°
14.	Samurai #2: Left Leg Jump Front Kick with Kiai – land in front stance; follow with X-Block High
15.	Back Leg Right Leg Side Kick
16.	Left Leg Steps Behind Right (cross step) with a Right Back Fist
17.	Pivot counterclockwise into Left Hand Supported Reverse Elbow
18.	Pivot counterclockwise again sliding left foot around while performing Right Hand Out-to-In Block
19.	Bring Hands Up – Fade Out Front Kick with Right Leg
20.	Fade Out Jab Cross (Right – Left)
21.	Fade Out Backfist / Reverse Punch (Right – Left)
22.	Reverse Crescent Kick with Left Leg
23.	Turn and Set into Fighting Stance
24.	Samurai #3: Out to In Crescent Kick with Left Leg; land in Front Stance
25.	Reverse Spear Hand with Right Hand
26.	Step forward with Right Double Forearm Block in Front Stance
27.	Step Forward with Left in Front Stance – Double Ridge Hand – Left then Right
28.	Step back with Right Leg into Horse Ride Stance with left side Facing Samurai – Left Sudo Strike
29.	Reverse Side Sudo – Triple Strike with Right Hand
30.	Swing left leg behind Counterclockwise into Fighting Stance
31.	Samurai #4: Right Leg Jump Front Kick with Kiai – land in front stance
32.	Immediately after landing, throw Double Punch – right then left
33.	Step forward with left – Double Hammerfist – right then left
34.	Grab Gi – Swing Samurai around clockwise and throw on ground, ending up in a 45° front stance facing 1:30
35.	Downward left backfist strike to the chest
36.	Downward right hammerfist to the throat with Kiai
37.	Ready Stance, Attention, Bow