

10th KUP WHITE BELT

Sitting stance middle punch x 10 (Instructor's time)

Push-ups x 10

Walking ready stance Front rising kicks x 10 change legs and repeat (Instructor's time)

Walking stance middle punch x 4 forward and back (Instructor's time)

Walking stance low block on the spot (2 blocks using same front arm to each count) x 4
Repeat with other leg forward

Walking stance middle blocks on the spot (2 blocks using same front arm to each count) x 4
Repeat with other leg forward

Sajo Jirugi Parts 1 + 2