

## 7th KUP GREEN STRIPE

Walking stance spear fingertip thrust as in do san (stepping twice with each count) x 2 coming forward

Walking stance back-fist strike (as in do San) (stepping twice with each count) x 2 backwards

Turning kick Knife-hand guarding block (2 kicks with each count right leg then left leg or vice versa) x 2 coming forward

Wedging block walking stance (stepping twice with each count) x 2 backwards

Side kick forearm guarding block (2 kicks with each count right leg then left leg or vice versa) x 2 forward

Forearm guarding block (stepping twice with each count) x 2 backwards

Dan Gun

Do San

3 step sparring 5-7