

## 8th KUP YELLOW BELT

Twin forearm block L stance (stepping twice with each count) x 2 forward and back

Front snap kick double punch x 4 forward (Instructor's time)

Inward block L stance (stepping twice with each count) x 2 backwards

Turning kick knifehand guarding block L stance (twice with each count) x 2 forward

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

Chon Ji

Dan Gun

3 step sparring 2-4