

9th KUP YELLOW STRIPE

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

Walking ready stance front snap kick x 4 change legs and repeat (Instructor's time)

Walking stance double punch (on the spot) x 4
(Instructor's time)

Walking stance low block on the spot (2 blocks using same front arm to each count) x 4
Change legs and repeat

Walking stance rising block on the spot (2 blocks using same front arm to each count) x 4
Change legs and repeat

L stance middle blocks on the spot (2 blocks to each count x 4
Change legs and repeat

Chon Ji

3 step sparring number 1