



Promotion to Yellow stripe – 9th Kup

Traditional

- Sitting stance - Single punch.
- **Line work:**
 - Walking stance - obverse low block (forward, backward).
 - Walking stance - obverse punch (forward/backward)

Sparring Skills and Techniques

- **Face partner:**
 - Slide in - obverse to head, reverse to body - slide back.
- **Line work:**
 - Fighting stance punching combos:
 - Double punch
 - Double punch + front snap kick (back leg)
 - Double punch + turning kick (back leg)

Skill Drill – pad work

- Obverse low block against the pad followed by a reverse punch
- Obverse rising block against the pad followed by a reverse punch

Exercise

- Press ups (10).

Self Defence

- Single wrist releases

Theory

- Applicable theory sheet

