

9TH KYU- RED BELT

PUNCHES / BLOCKS

- 1.ELBOW STRIKE FRONT ARM
- 2.RIDGE HAND FRONT ARM
- 3.SLIDING SNAP PUNCH AND REVERSE PUNCH
- 4.STEP FORWARD HEAD BLOCK, TURN HEAD BLOCK
- 5.STEP FORWARD DOWNWARD BLOCK AND TURN DOWNWARD BLOCK

KICKS / COMBINATIONS

- 1.FRONT KICK (COMING FORWARD BACK LEG)
- 2.ROUNDHOUSE KICK (COMING FORWARD BACK LEG)
- 3.SIDE KICK (COMING FORWARD BACKLEG)
- 4.FRONT KICK COMING FORWARD, SNAP AND RESERVE

BAG WORK

HAND SPARRING (STUDENTS MUST HAVE PROTECTIVE HAND MITTS)

ANY TECHNIQUES FROM PREVIOUS GRADINGS MAY BE INCLUDED