

## **10<sup>TH</sup> KYU – WHITE / YELLOW BELT**

### **PUNCHES**

- 1.SNAP PUNCH AND REVERSE PUNCH
- 2.BACK FIST AND RESERVE PUNCH
3. PALM HEEL (FRONT ARM)
4. HOOK PUNCH FRONT ARM AND UPPERCUT REAR ARM

### **KICKS / COMBINATIONS**

- 1.FRONT KICK – BACK LEG ON THE SPOT
- 2.ROUNDHOUSE KICK- BACK LEG ON THE SPOT
- 3.SIDE KICK- BACK LEG ON THE SPOT
- 4.FRONT KICK (BACK LEG) COMING FORWARD

### **BAG WORK**

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED