



## 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

