

7th Kup

FWD & BWD

Walking stance, high back fist strike

FWD

Turning kick, land L stance, knife hand guarding block

BWD

Walking stance, wedging block

FWD

Side kick, land L stance, forearm guarding block

BWD

L stance, knife hand guarding block

FWD

Walking stance, straight fingertip thrust

BWD

Walking stance, high outer forearm block, middle reverse punch
(24)

Do San

3 step sparring **5 to 7**