

# 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**