

7th Kup Grading - DO_SAN



REVERSE MIDDLE PUNCH 4
HIGH OUTER FOREARM BLOCK 3
PERFORMED IN CONSECUTIVE MOTION IN WALKING STANCE

START
PARALLEL STANCE

MIDDLE KNIFEHAND GUARDING BLOCK 5
L STANCE

STRAIGHT FINGERTIP THRUST & RELEASE 6
WALKING STANCE

HIGH BACKFIST SIDE STRIKE 7
WALKING STANCE

REVERSE MIDDLE PUNCH 10
HIGH OUTER FOREARM BLOCK 9
PERFORMED IN CONSECUTIVE MOTION IN WALKING STANCE

HIGH BACKFIST SIDE STRIKE 8
WALKING STANCE

HIGH OUTER FOREARM BLOCK 11
REVERSE MIDDLE PUNCH 12
PERFORMED IN CONSECUTIVE MOTION IN WALKING STANCE

KNIFEHAND STRIKE 24
SITTING STANCE

KNIFEHAND STRIKE 23
SITTING STANCE

RISING BLOCK 22
WALKING STANCE

MIDDLE REVERSE PUNCH 16
MIDDLE REVERSE PUNCH 15
WALKING STANCE ON THE SPOT

RISING BLOCK 21
WALKING STANCE

MIDDLE REVERSE PUNCH 20
MIDDLE REVERSE PUNCH 19
WALKING STANCE ON THE SPOT

MIDDLE FRONT SNAP KICK 14
MIDDLE FRONT SNAP KICK 18

HIGH OUTER FOREARM WEDGING BLOCK 13
HIGH OUTER FOREARM WEDGING BLOCK 17
WALKING STANCE