

# 10<sup>th</sup> Grade White Belt

## **STATIC**

Sitting stance, single punch

## **STATIC**

Walking ready stance, front rising kick

## **STATIC**

10 press-ups

## **FORWARDS AND BACKWARDS**

Walking stance, middle punch

## **FORWARDS AND BACKWARDS**

Walking stance, low outer-forearm block, reverse punch

## **FORWARDS AND BACKWARDS**

Walking stance, middle inner-forearm block, reverse punch

## **Saju Jirugi (Four-directional Punch) 1 and 2**