

8th Grade Yellow Belt

FORWARDS AND BACKWARDS

L stance, twin outer-forearm block

FORWARDS

Front snapping kick, land walking stance, double middle punch

BACKWARDS

L stance, inward outer-forearm block

FORWARDS

Turning kick, land L stance, knife-hand guarding block

BACKWARDS

L stance, forearm guarding block

Dan-gun

3 step sparring **1 to 4**