

9th Grade

White Belt Yellow Stripe

STATIC

Sitting stance, double punch

STATIC

Walking ready stance, front snapping kick

FORWARDS AND BACKWARDS

Walking stance, double punch

FORWARDS AND BACKWARDS

L stance, middle inner-forearm block

FORWARDS AND BACKWARDS

L stance, knife-hand strike

FORWARDS AND BACKWARDS

Walking stance, low outer-forearm block, rising outer-forearm block

Chonji