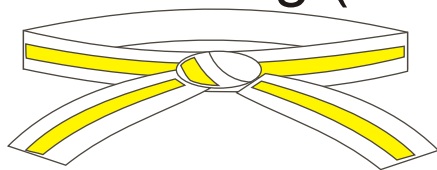


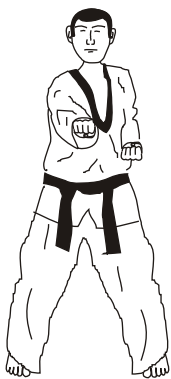
Yellow Tag (9th Kup)



1. Low Block, Punch (Long Stance)

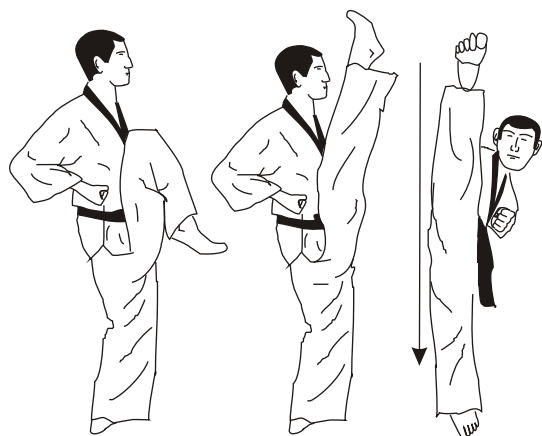


4. Knife Hand Strike in Walking Stance



5. Double Punch in Horse riding Stance

10. Axe Kick.

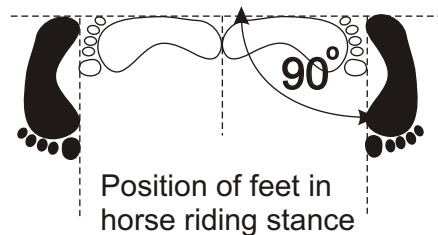


10 Basic Techniques required

2. Middle Block, Thumb Side (Back Stance)



3. Middle Block, Small finger Side (Back Stance)



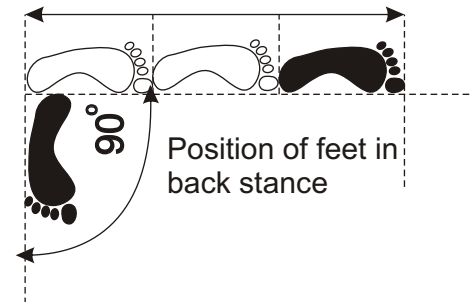
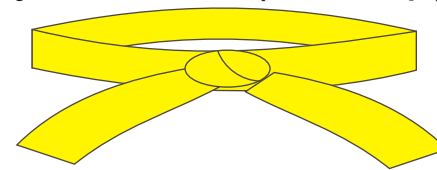
6. Palm Heel Strike in Long Stance

7. Front Kick, Elbow strike in Long Stance

8. Fighting stance - switch on the spot

9. Front Kick, Turning Kick.

Going for yellow belt (8th Kup)



Paddle Kicking

Demonstration of basic kicking accuracy and stance movement including
Switching
Stepping
Slipping

Sparring

1 for 1 kicking
Free Sparring (No contact)