

# 10th Kup

## **STATIC**

Sitting stance, front punch

## **STATIC**

Walking ready stance, front rising kick

## **STATIC**

10 Press ups

## **FWD & BWD**

Walking stance, middle punch

## **FWD & BWD**

Walking stance, low block reverse punch

## **FWD & BWD**

Walking stance, middle block reverse punch

## **4 directional punch 1 & 2**