

10th Kup

STATIC

Sitting stance, front punch

STATIC

Walking ready stance, front rising kick

FWD & BWD

Walking stance, middle obverse punch

FWD & BWD

Walking stance, low block

FWD & BWD

Walking stance, middle block

FWD & BWD

Walking stance, low block, reverse punch

FWD & BWD

Walking stance, middle block, reverse punch

4 directional punch 1 & 2