

10th Kup Criteria

Physical

Press Ups 2 x 15

Sit Ups 2 x 15

Burpees 1 x 20

1minute each of : Jumping Jacks, Butt Kicks, High Knees, Bounding, Jogging on spot

Technical

Demonstrate 4 stances (dimensions)

Forefist Punch (attacking Tool)

Low section Block (blocking Tool)

- Show starting position

Inner Forearm Block

- Starting Position

Outer Forearm Block

- Starting Position

Front Leg Rising x 10

Sitting Stance x 10

4 Punches Forward & Backward

4 Inner forearm Blocks Fwd & Bkwd

4 Lower Blocks Forward & Backward

4 Directional Punch

Theory paper

Questions asked from it....

