

9th Kup **(Yellow Tag) test**

1. 10x press ups (counting out loud on each with power)
2. Axe Kick(also known as front raising kick) in Fighting stance 10x R leg, 10x L leg.
3. Horse riding stance, middle section punching 10x counting out loud.
4. Walking stance moving forward and backwards x6 middle section punch over leading
 leg
5. Long stance moving forwards and backwards x6 middle section punch over leading
 leg
6. Long stance moving forwards & backwards inner block over leading leg
7. Long Stance moving forward & Backwards inner block over leading leg, then punch using other arm (1 step 2 arm moves)
8. Moving forward Front kick in fighting stance (right leg behind, arms up guarding)
9. 1 for 1 kicking (facing partner, take it in turns to kick, basic kicks – small gap between so they don’t hit each other)