

Required Knowledge

New Techniques

1. Walking Stance High Outer Forearm Side Block
2. Walking Stance Middle Reverse Punch
3. Spot Turning
4. Walking Stance straight Fingertip Thrust
5. Walking Stance Back Fist High Side Strike
6. Walking Stance High Outer Forearm Wedging Block
7. Middle Front Snap Kick
- S. Sitting Stance Knife-hand Side Strike

All students need to join the ITF/ATFI at this level. Cost is a \$20.00 lifetime membership.