

10th Grade



Basics

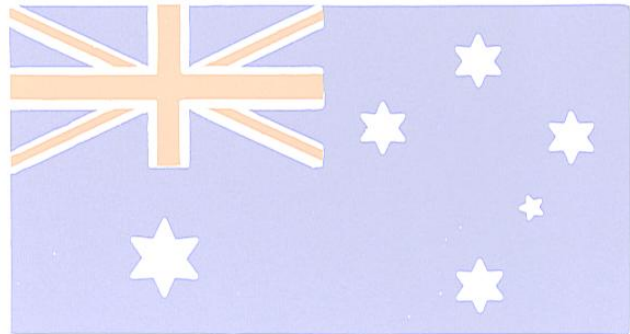
- Riding Stance
- Basic Punching
- Forward Stance
- Back Stance
- Lower Section block
- Raising block
- Forearm guarding block
- Knife hand guarding block
- Front kick
- Side kick
- Turning kick



Patterns

- Left and Right Four-directional punch

Throughout South-East Australia.



Self-defence

- Handshakes (2)
- Single arm wrist grabs (4)



Sparing

- One-step sparing (first 3 movements)