

## RED STRIPE LINEWORK

### 3<sup>RD</sup> KUP

- Walking stance x block twin punch
- L stance middle block low fingertip thrust
  - Front kick double punch
- Turning kick at 45-degree angle land knife hand guarding block
  - Axe kick land forearm guarding block
    - Twin forearm block
- Side kick land walking stance elbow strike
  - L stance waist block
  - L stance inward palm block