

# BLUE BELT LINEWORK

## 4<sup>TH</sup> KUP

Knife hand guarding block walking stance upper elbow strike

Rear foot stance upward palm block

Walking stance twin punch

Walking stance twin upset punch

Side kick land walking stance double forearm block

L stance forearm guarding block - low stance pressing block

L stance reverse knife hand block

L stance high backfist strike

High section turning kick land forearm guarding block

Side kick back kick land knife hand guarding block