

## BLUE STRIPE LINEWORK

### 5<sup>TH</sup> KUP

- Hooking block hooking block punch
  - Walking stance fingertip thrust
- Bending ready stance side kick front elbow strike
  - L stance twin knife hand block
- Turning kick reverse turning kick land knife hand guarding block
- Circular block front kick reverse punch
- Side kick reverse side kick forearm guarding block
  - Walking stance double forearm block