**10th Kup White Belt Grading Work**

**Pattern: SAJO JIRUGI No. 1 Low Section Block**

**SAJO JIRUGI No. 2 Middle Section Block**

**Meaning: n/a**

Sitting Stance 10 Single Punches

Front Rising Kick Exercise

10 Press Ups

**Line Work:**

Walking Stance - Middle section punch (forwards & backwards)

Walking stance - Low block reverse punch (forwards & backwards)

Walking stance - Middle block reverse punch (forwards & backwards