



## Little P.U.M.A.s Competition

### Drill

1. Come to attention and bow
2. Right leg back, forearm guarding block
  3. Left high punch
  4. Right middle reverse punch
  5. Left high open fist strike
6. Right middle reverse open fist strike
7. Change stance to Left forearm guarding block
  8. Right high punch
  9. Left middle reverse punch
  10. Right high open fist strike
  11. Left middle reverse open fist strike
12. Maintain the left forearm guarding stance
13. Lift right leg and perform front snap kick  
(Kihap on kick)
14. Lower right leg
15. Lift left leg and perform back kick (Static)  
(Kihap on kick)
16. Lower left leg whilst performing the stranger guard with hands.
  17. Shout 'stop stand back'
  18. Chunbi / attention / bow