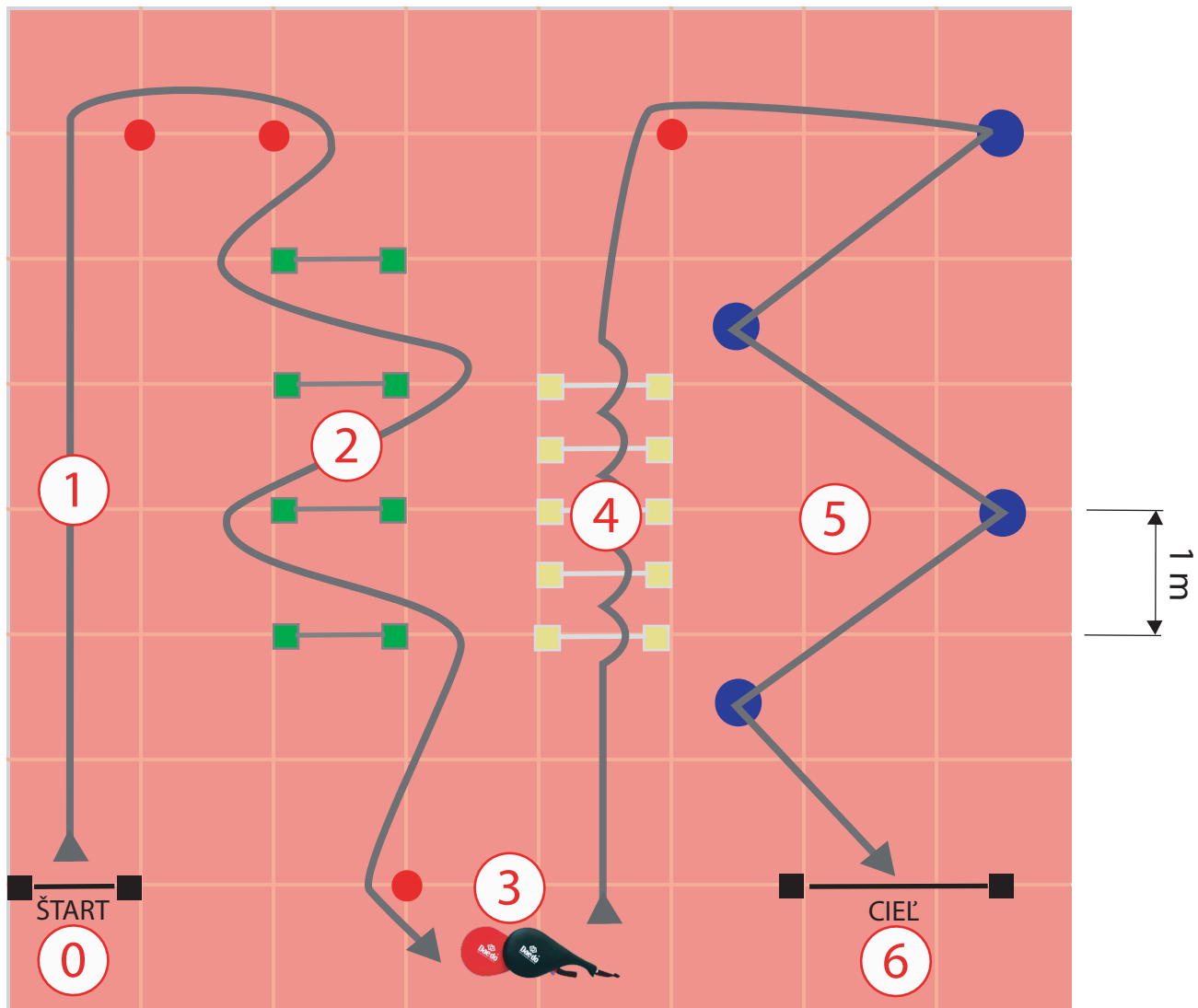


Ilyo Cup 2018 - Agility & Kick

1. Hurdles



0 - start

1 - sprint

2 - slalom

3 - Hand mits: 2 x Bandal Chagi right and left leg - 8.Kup and higher
2 x Ap Chagi right and left leg - 10. a 9. Kup

4 - 5x jump (height 19 cm)

5 - touch with one arm - 4 markers

6 - end- punch with one arm to hand mitt Zemita

2. Battle

Two fighters kicking to target at same time. High score win.

Time: 2 rounds 15 sec., 10 sec. break

3. Reaction

10. a 9. Kup : Ap Chagi right and then left leg

8. Kup - 5. Kup : Bandal Chagi right and then left leg

4. Kup and higher : Dwit Bandal Chagi right and then left leg