



## **Kuen-To (Punching Drill)**

No. 1

**3 Punches High**

No. 2

**2 Punches High / 2 Punches Low**

No. 3

**2 Punches High / 1 Punch Low**

No. 4

**2 Punches Low / 1 Punch High**

No. 5

**1 Punch High / 1 Punch Low / 1 Punch High**

No. 6

**1 Punch High / 2 Punches Low / 1 Punch High**

No. 7

**Double Punches Vertical Swapping x 3**

No. 8

**Double Punches Horizontal x 3**