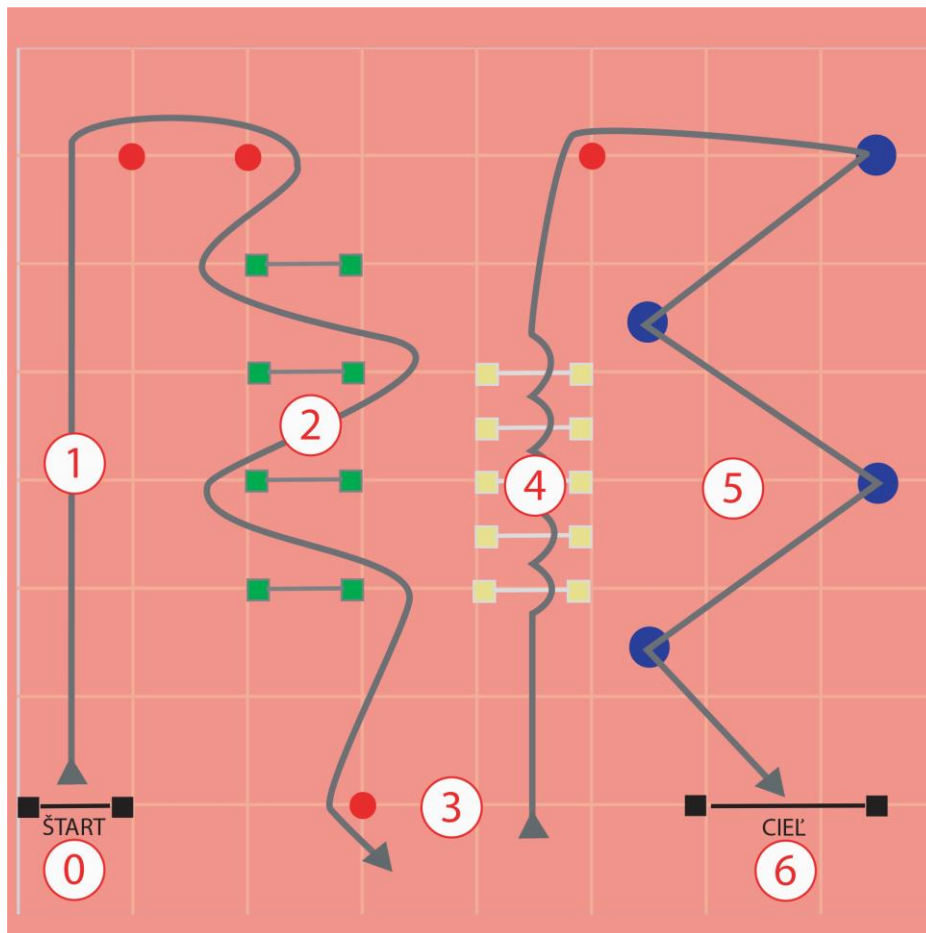


Trenčín Open 2020 - Agility & Kick

1. Hurdles



0 - start

1 - sprint

2 - slalom

3 - Hand mits: 4 kicks: 2 x Bandal Chagi right
and 2x left leg

4 - 5x jump (height 19 cm)

5 - touch with one arm - 6 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 5. Gup: Bandal Chagi right and then left leg

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