

QUICK FIRE WARM UP

# KUNG FU CATCHING



Complete the set amount of catches (with a partner) to earn a bib of that colour.  
You must work through the belts in order. Which belt can you get to in a 5 min time frame?



Complete 20 catches with a partner using an object of your choosing.

Complete 35 catches with a partner using an object of your choosing.



Complete 50 catches with a partner using an object of your choosing.



Complete 75 catches (one handed) with a partner using an object of your choosing.

