

1st Red/White Belt

Front Stance

Left and right stance

Arm Techniques

1. Jab
2. Reverse punch/cross
3. Back fist front arm

Kicks

1. Front kick front & back leg
2. One step front kick forward & back

Defence

1. Parry front arm/ back arm defence head
2. Parry front arm/back arm defence body
3. Inside knee block front leg

Combinations

1. Jab, front kick front leg, reverse punch
2. One step front kick forward, backfist, reverse punch
3. One step front kick defend, jab, back leg front kick land forward

Self Defence

1. Reverse punch attack, parry defence & counter
2. Front kick attack, inside knee block defence & counter

Sparring

N/A



2nd Red Belt

Arm Techniques

1. Sliding jab
2. Sliding reverse punch
3. Hook front & back arm
4. Uppercut front & back arm

Kicks

1. Roundhouse kick front & back leg midsection
2. Round house kick back leg chest level

Defence

1. Outside forearm block
2. Outside knee block front & back leg
3. Downward evade

Combinations

1. Outside knee block, sliding jab, hook front arm, uppercut back arm
2. Outside forearm block, uppercut back arm, hook front arm
3. Sliding jab, reverse punch, roundhouse kick front & back leg

Self Defence

1. Roundhouse kick back leg attack.....outside knee block & counter
2. Hook back arm attack.....outside forearm block or downward evade & counter

Sparring

1. Shadow sparring combinations 1st grade

