

7th Blue Belt

Arm Techniques

1. Knife hand strike
2. Fake jab hook (front arm)
3. Fake jab uppercut (front arm)

Kicks

1. Spinning outside crescent kick
2. Spinning reverse foot sweep
3. Knee strike forward/jumping
4. Jumping back kick

Defence

1. Knife hand block
2. Wrist lock

Combinations

1. Fake jab hook, knee strike
2. Fake jab uppercut, spinning outside crescent kick

Self Defence

1. Knife hand blocks and close quarter counters

Sparring

Shadow sparring with combinations

Sparring various 3 rounds

