

# 8th Brown Belt

## Arm Techniques

1. Roundhouse elbow strike
2. Rising elbow strike
3. Whipping elbow strike

## Kicks

1. One step sliding axe kick
2. Roundhouse heel kick
3. Spinning back kick
4. Forward turning side kick

## Defence

1. Rising elbow defence
2. Take down

## Self Defence

1. Rising elbow defence, combination counter
2. Various attacks, take down defence

## Combinations

1. One step slide axe kick, roundhouse heel kick, spinning back kick
2. Forward turning side kick, rising elbow strike back arm

## Sparring

1. Shadow sparring x 3 rounds
2. Sparring x 3 rounds

TMKA form 1

