

5th Green Belt

Arm Techniques

1. Spinning back fist
2. Spinning reverse punch
3. Jump scissor reverse punch

Kicks

1. Back kick
2. Heel front kick
3. Straight leg roundhouse kick

Defence

1. Downward hook deflection
2. Side step (advanced)

Combinations

1. Jab, reverse punch, switch stance, straight leg roundhouse kick
2. Jab, back kick, jump scissor reverse punch

Self Defence

1. Heel front kick/straight leg roundhouse kick attack.....downward hook deflection defence & counter attack
2. Back kick/spinning back fist attack.....side step defence & counter

Sparring

1. Shadow sparring with combinations
2. Sparring one attack/one defend
3. Light sparring

