

4th Orange Belt

Arm Techniques

1. Palm heel strike
2. Knuckle punch
3. Overarm jab

Kicks

1. Hook kick rear leg
2. Spinning hook kick
3. Axe kick

Defence

1. Jamming defence
2. Spin-off
3. Slipping

Combinations

1. Sliding jab, hook kick back or front leg
2. Stepping jab, axe kick back leg
3. Sliding jab, spinning hook kick

Self Defence

1. Jamming defence – stepping jab attack.....axe kick attack....spinning hook kick attack

Sparring

1. Shadow sparring – combinations above
2. Shadow sparring 1st-4th grade combinations
3. Sparring light contact – hands only, legs only, both

