

# 6th Purple Belt

## Arm Techniques

1. Over arm jab
2. Over arm cross
3. Reverse jab

## Kicks

1. Whipping roundhouse kick low/high
2. Inside crescent kick
3. Outside crescent kick

## Defence

1. Forearm defence (advanced)
2. Foot block

## Combinations

1. Overarm jab, overarm cross punch, switch stance, whipping low roundhouse kick
2. Outside crescent kick front leg, whipping roundhouse kick
3. Inside crescent kick, back kick, whipping roundhouse kick

## Defence

1. Foot block and counter
2. Forearm block defence

Shadow sparring with combinations Sparring x 2 rounds

