

3rd Yellow Belt

Arm Techniques

1. Ridge hand strike
2. Hammerfist strike
3. Stepping jab
4. Stepping reverse punch

Kicks

1. Side kick front & back leg
2. Turning side kick
3. Footsweep

Defence

1. Rising forearm block
2. Side step defence
3. Pressing block

Combinations

1. Side kick front leg, ridge hand strike front arm, turning side kick
2. Side step, Jab, footsweep front leg, ridge hand strike back arm

Self Defence

1. Side kick attack, pressing block and combination counter
2. Hammerfist back arm attack, rising forearm defence and combination counter

Sparring

1. Shadow sparring 1st, 2nd, 3rd grade combinations
2. Light sparring front leg & front arm only

