



Are you ready to grade for your Blue Belt ?

Well done so far! It not easy to train as hard as you do and you've stuck with it, lets see what we have to do for this grade.

We are always looking for improvements in speed, accuracy, technique and power.....

	On the front leg	Off the back leg	In both stances
Front Kick			
Turning Kick			
Axe Kick			
Hook Kick			
Side Kick			
Back Kick			

We've no extra punches we just are going to put in more combinations.....

Jab, Cross, Hook, Uppercut, Backfist

These could be against an imaginary opponent, on hand pads, or on the big bag. Lets make sure our stances & guards are maintained throughout!!!

Sparring..... What are we looking for? Well Footwork is key, variation in techniques and speed, angles of attack and defense, control of techniques and timing

Breaking Techniques - Back Kick & Knife Hand Strike

Self-defense - All previous techniques + side-step to a straight knife thrust into lock and a Goose Neck Lock, release from chest grabs + defense to attack from a downward strike with object

Special Technique - Arc hand strike, Palm strike, Cupped hand to ear, Throat press, Hammerfist strike

Good luck..... not everyone will pass first time, if you don't we will tell you why and look to re-assess in class. We want you to be the very best you can be.

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