



Are you ready to grade for your Green 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've added extra kicks.....

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

We've also got extra punches.....

Jab, Cross, Hook, Uppercut, Backfist

We want to see more combinations of these techniques so keep practicing. These could be against an imaginary opponent, on hand pads, or on the big bag

For this grading you maybe asked to do a round of sparring. Also be prepared to work with a partner holding paddles, pads or a breaking board

Breaking Techniques - Front Kick & Elbow Strike

Defenses - Parry and Catch the Jab. Forearm blocks to hooks, & Slips

Self-defense - Yellow & Orange Techniques, and release from a chest grab into a lock

Special Technique - Arc hand Strike, Palm Strike, Cupped hand to ear

Good luck, you'll smash it!!!

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