

BROWN
(Eighth Belt/Grade)

Minimum Training Time:
6 Months (24 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

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|---|---|
| <p>1. Twisting Jab
– Hook (Face)
– Jab</p> <p>2. [Moving Forward] Double Jab
– Twisting Jab
– Hook (Face)</p> <p>3. Cross
– Lifting Uppercut
– Hook
– Uppercut (Body)
[Alt Arms]</p> <p>4. Sliding Jab
– Cross
– Uppercut
– Hook
[Alt Arms]</p> | <p>5. Cross
– Jab
– Uppercut
– Jab
– Hook
[Alt Arms]</p> <p>6. Uppercut [BA]
– Lifting Uppercut [FA]
– Uppercut (Body) [BA]
– Hook
– Hook
[Alt Arms]</p> <p>7. Double Jab
– Cross
– Uppercut
– Hook
– Hook
– Uppercut
[Alt Arms]</p> |
|---|---|
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Basic Kicks

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|---|--|
| <p>1. Jumping Inverted Crescent Kick [FL]</p> <p>2. Jumping Inverted Crescent Kick [BL]</p> <p>3. Hopping Axe Kick [FL]
– Jumping Roundhouse Kick
[Opposite Leg]</p> <p>4. Jumping Side Kick [BL]</p> | <p>5. Inside Crescent Kick [BL]
– Inverted Crescent Kick [Same Leg]
– Jumping Back Kick</p> <p>6. Sliding Side Kick [FL]
– Inverted Crescent Kick [Same Leg]
– Jumping Inside Crescent Kick
[Opposite Leg]</p> |
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Combinations

1. **Jab**
 - Cross
 - Uppercut
 - Jumping Front Kick [FL]
 - Jumping Roundhouse Kick [BL]
 2. **Jumping Side Kick**
 - Jumping Back Kick
 - Jumping Inside Crescent Kick [Alt Legs]
 - Jab
 - Cross
 - Hook
 3. **Axe Kick [Front Kick]**
 - (X2) Roundhouse Kick (Body/Head) [BL]
 - Spinning Hook Kick
 - Back Fist
 - Spinning Back Fist [Opposite Way]
 4. **Hook [FA]**
 - Hook [BA]
 - (X2) Roundhouse Kick (Body / Head) [BL]
 - Side Kick (Body) [Same Leg]
 5. **Spinning Crescent Kick**
 - Jab
 - Cross
 - Side Kick (Body) [BL]
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Blocks & Counters

1. **Anticlockwise Evasion**
 - {Counter Hook
 - Uppercut (Body)
 - Cross (Head)}
 2. **Side Body Block**
 - {Counter Inverted Crescent Kick [FL]
 - Inside Crescent Kick [BL]
 - Hook [FA]}
 3. **Cross Block Pulling Back**
 - {Counter Back Fist (Head) [BA]
 - Uppercut (Body) [Opposite Arm]
 - Jumping Roundhouse Kick [BL]}
 4. **Cross Body Block**
 - {Counter Hook (Body) [BA]
 - Uppercut (Body) [Opposite Arm]
 - Jumping Roundhouse Kick [BL]}
 5. **Clockwise Evasion**
 - {Counter Hook (Head) [FA]
 - Roundhouse Kick (Body) [FL]
 - Foot Sweep [Same Leg]
 - Bolo Punch (Head) [BA]}
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Pad Work

(3 X 2.5 Minute Rounds)

Sparring

With Protective Equipment

(4 X 2 Minute Rounds)

Self Defence Techniques (X 4)

Groundwork Techniques (X 2)

Teaching Experience

Fitness & Agility

(12 Minutes) Skipping

(45) Press Ups

(45) Sit Ups

(20) Burpees

(20) Squat Thrusts
