

## **BROWN – BLACK TAG**

*(Tenth Belt/Grade)*

**Minimum Training Time:**

*9 Months (36 Weeks)*

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### **Technical Requirements:**

**(All Techniques Performed in Both Stances)**

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#### **Basic Punches**

1. **Jab**
    - Double Jab
    - Uppercut
    - Hook
  2. **Bolo Punch (Head)**
    - Uppercut (Body)
    - Hook (Body)
    - Uppercut (Body)
    - Uppercut (Body)
  3. **Lifting Uppercut [FA]**
    - Hook (Head)
    - Jab
    - Cross
    - Uppercut (Head)
    - Uppercut (Body)
  4. **Uppercut**
    - Uppercut
    - Twisting Jab
    - Hook (Body)
    - Hook (Body)
    - Hook (Head)
  5. **Single Jab [Moving Around]**
  6. **Double Jab [Moving Around]**
  7. **Triple Jab [Moving Around]**
  8. **Sliding Jab**
    - Hook (Head)
    - Uppercut (Head)
    - Double Uppercut (Body)
    - [Same Arm]
    - Hook (Head)
  9. **Twisting Jab**
    - Jab
    - Hook (Head)
    - Jab (Body)
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#### **Basic Kicks**

1. **Jumping Front Kick [FL]**
  2. **Jumping Back Kick [FL]**
  3. **Jumping Spinning Crescent Kick**
  4. **Jumping Axe Kick [FL]**
  5. **Jumping Roundhouse Kick**
    - [Alt Legs]
  6. **Jumping Back Kick [BL]**
  7. **Jumping Side Kick [FL]**
  8. **Jumping Spinning Hook Kick**
  9. **Hopping Front Kick**
  10. **Jumping Front Kick**
    - [Alt Legs]
    - Jumping Roundhouse Kick
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## Combinations

1. **Jumping Front Kick [BL]**
    - Jab
    - Cross
    - Side Kick [FL]
    - Hopping Side Kick [Same Leg]
    - Back Fist
    - Cross
  2. **Inverted Crescent Kick [BL]**
    - Jab
    - Back Kick
    - Scissors Crescent Kick
    - Hook Kick [Same Leg]
    - Jab
    - Cross
  3. **Jumping Spinning Crescent Kick**
    - Jumping Roundhouse Kick [Same Leg]
    - Jumping Back Kick
    - Jab
    - Cross
    - Hook
  4. **Jab**
    - Twisting Jab
    - Roundhouse Kick
    - Spinning Hook Kick
    - Roundhouse Kick
    - Sliding Axe Kick
    - Jab
    - Cross
  5. **Jumping Spinning Hook Kick**
    - Roundhouse Kick [FL]
    - Foot Sweep [Same Leg]
    - Axe Kick
  6. **Hopping Axe Kick**
    - Jab
    - Cross
    - Uppercut
    - Roundhouse Kick
    - Side Kick
    - Back Kick
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## Blocks & Counters

1. **Clockwise Evasion { Counter Jab**
    - Cross
    - Side Body Block
    - Hook Kick [FL]}
  2. **[FL] Shin Block { Counter Spinning Crescent Kick**
    - Jab
    - Cross
    - Hook Kick [BL]}
  3. **Anticlockwise Evasion { Counter Uppercut (Body)**
    - Side Head Block [BA]
    - Back Kick [FL]
    - Back Fist
    - Hook}
  4. **Cross Body Block { Counter Hook (Head) [FA]**
    - Uppercut (Body)
    - Side Head Block
    - Cross (Body)
    - Side Kick [BL]
    - Back Kick}
  5. **Shin Block [BL] { Counter Back Fist**
    - Roundhouse Kick [BL]
    - Cross Body Block
    - Back Fist
    - Sliding Side Kick [FL]}
  6. **Downward Cross Block { Counter Back Fist**
    - Hook
    - Side Body Block [FA]
    - Hook Kick}
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**Pad Work**  
**(4 X 3 Minute Rounds)**

**Sparring**  
***With Protective Equipment***  
**(5 X 3 Minute Rounds)**

**Self Defence Techniques (X 6)**

**Groundwork Techniques (X 4)**

**Teaching Experience**  
***(Group of Red Belts to Green Belts)***

**Referee Experience**

**Fitness & Agility**

**(20 Minutes) Skipping**

**(75) Press Ups**

**(75) Sit Ups**

**(30) Burpees**

**(30) Squat Thrusts**

**(40) Jumping Jacks**

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