

**BROWN – WHITE TAG**  
*(Ninth 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**

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|------------------------------------|--------------------------------------|
| 1. <i>[Moving Back]</i> Double Jab | 6. <i>[Moving Around]</i> Triple Jab |
| 2. <i>[Sliding Forward]</i> Cross  | – Hook                               |
| – Hook                             | – Uppercut                           |
| – Uppercut                         | <i>[Alt Arms]</i>                    |
| <i>[Alt Arms]</i>                  | 7. Uppercut <i>[FA]</i>              |
| 3. <i>[Slide Back]</i> Jab         | – Cross (Head)                       |
| – Cross                            | – Hook (Body) <i>[FA]</i>            |
| – Uppercut                         | – Uppercut <i>[BA]</i>               |
| – Uppercut                         | – Twisting Jab                       |
| – Jab                              | 8. Jab                               |
| – Hook                             | – Cross                              |
| <i>[Alt Arms]</i>                  | – Uppercut                           |
| 4. Twisting Double Jab             | – Uppercut                           |
| – Hook (Body) <i>[BA]</i>          | – Hook                               |
| – Bolo Punch (Down onto Head)      | – Hook                               |
| 5. Jumping Back Fist <i>[FA]</i>   | – Back Fist                          |
| – Cross                            | <i>[Alt Arms]</i>                    |
| <i>[Both Punches Done in Air]</i>  |                                      |
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**Basic Kicks**

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|-----------------------------------|-----------------------------------|
| 1. Jumping Front Kick <i>[FL]</i> | 6. Spinning Hook Kick             |
| – Hopping Front Kick              | – Roundhouse Kick                 |
| <i>[Same Leg]</i>                 | <i>[Same Leg]</i>                 |
| 2. Jumping Side Kick              | 7. Sliding Side Kick <i>[BL]</i>  |
| – Jumping Side Kick               | – Roundhouse Kick <i>[BL]</i>     |
| 3. Front Kick <i>[FL]</i>         | 8. Jumping Back Kick              |
| – Jumping Front Kick              | – Sliding Side Kick               |
| <i>[Alt Legs]</i>                 | <i>[Same Leg]</i>                 |
| 4. Sliding Axe Kick <i>[FL]</i>   | – Jumping Inside Crescent Kick    |
| – Roundhouse Kick                 | 9. Sliding Side Kick <i>[FL]</i>  |
| <i>[Same Leg]</i>                 | – Sliding Side Kick <i>[BL]</i>   |
| 5. Jumping Spinning Crescent Kick | 10. Sliding Axe Kick <i>[BL]</i>  |
|                                   | 11. Hopping Side Kick <i>[FL]</i> |
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## Combinations

1. **Jumping Front Kick [FL]**
    - Jumping Roundhouse Kick [BL]
    - Jumping Back Kick
    - Jumping Inside Crescent Kick
    - Jab
    - Cross
  2. **Cross**
    - Uppercut [Alt Arms]
    - Jumping Front Kick [Front Kick]
    - Inside Crescent Kick [BL]
    - Clockwise Evasion
    - Spinning Crescent Kick
  3. **Double Hook [FA]**
    - Uppercut (Body) [BA]
    - Hook (Head) [FA]
    - Slip to Lead Side
    - Roundhouse Kick (Body) [BL]
    - Spinning Hook Kick (Head)
  4. **Hopping Hook Kick**
    - Roundhouse Kick [Same Leg]
    - Jab
    - Cross
    - Roundhouse Kick [BL]
    - Side Kick [Same Leg]
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## Blocks & Counters

1. [FL] **Outside Shin Block {Counter Front Kick – Roundhouse Kick [FL]}**
  2. **Side Head Block {Counter Uppercut (Body) [BA] – Spinning Crescent Kick}**
  3. **Front Body Block**
    - Clockwise Evasion {Counter Hook (Head) [FA]}
    - Uppercut (Body) [BA]}
  4. **Front Head Block**
    - {Counter Hook (Body) [BA]}
    - Hook (Head) [FA]
    - Side Kick (Body or Head) [FL]
  5. **Inside Shin Block [FL]**
    - {Counter Foot Sweep [Same Leg]}
    - Bolo Punch (Driving Down)}
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### **Pad Work**

*(4 X 2.5 Minute Rounds)*

### **Sparring**

*With Protective Equipment*

*(4 X 2.5 Minute Rounds)*

**Self Defence Techniques (X 4)**

**Groundwork Techniques (X 3)**

**Teaching Experience**

*(With Group of Beginners)*

**Referee Experience**

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## Fitness & Agility

**(15 Minutes) Skipping**

**(50) Press Ups**

**(50) Sit Ups**

**(20) Burpees**

**(25) Squat Thrusts**