

ORANGE
(Fourth Belt/Grade)

Minimum Training Time:
3 Months (12 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

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|---------------------------------|--------------------------------------|
| 1. Uppercut [BA]
– Hook [FA] | 4. Uppercut [FA]
– Uppercut [BA] |
| 2. Hook [BA]
– Jab [FA] | 5. Side Head Block
– Cross (Head) |
| 3. Jab
– Back Fist [BA] | 6. Cross
– Jab |
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Basic Kicks

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|-----------------------------------|--|
| 1. Side Kick (Head) [BL] | 4. Jumping Front Kick (Body) [BL] |
| 2. Axe Kick [FL] | 5. Jumping Roundhouse Kick (Body) [BL] |
| 3. Sliding Front Kick (Body) [FL] | 6. Sliding Side Kick (Body) [FL] |
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Combinations

3 X Combinations
(1 From Each Previous Grading)

Blocks

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|---------------------------|---------------------|
| 1. Anti-Clockwise Evasion | 4. Front Body Block |
| 2. Clockwise Evasion | 5. Side Body Block |
| 3. Cross Body Block | 6. Side Head Block |
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Pad Work
(3 X 1.5 Minute Rounds)

Sparring
Light Contact
With Protective Equipment
Self Defence Techniques (X 3)
Groundwork Techniques (X 2)
