

RED
(Second 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] | 5. Back Fist [BA] |
| 2. Uppercut [FA] | 6. Jab |
| 3. Hook Punch [BA] | – Cross |
| 4. Back Fist [FA] | |
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Basic Kicks

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|--------------------------------|--------------------------|
| 1. Roundhouse Kick (Body) [BL] | 4. Axe Kick [FL] |
| 2. Roundhouse Kick (Body) [FL] | 5. Side Kick (Body) [BL] |
| 3. Inside Crescent Kick [FL] | |
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Combinations

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|--|---|
| 1. Jab
– Uppercut
– Hook Punches
[Alt Arms] | 5. Hook Punch [BA]
– Roundhouse Kick [BL] |
| 2. Double Jab
– Cross
– Hook Punches
[Alt Arms] | 6. Double Jab
– Front Kick [FL]
– Front Kick [BL] |
| 3. Cross
– Jab
– Front Kick [FL] | 7. Jab
– Cross
– Uppercut
[Alt Arms]
– Roundhouse Kick [BL] |
| 4. Uppercut [BA]
– Jab
– Front Kick [BL]
– Roundhouse Kick [BL] | |
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Pad Work
(2 X 1.5 Minute Rounds)

Sparring
Light Contact
Without Protective Equipment

Self Defence Techniques (X 3)
