

WHITE
(First Belt/Grade)

Minimum Training Time:
3 Months (12 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

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|---------------|--------------------|
| 1. Jab [FA] | 3. Upper Cut [FA] |
| 2. Cross [BA] | 4. Hook Punch [FA] |
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Basic Kicks

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

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|---|--|
| 1. Jab [FA]
– Cross [FA]
– Uppercut [FA] | 5. Cross
– Roundhouse Kick [BL] |
| 2. Cross [BA]
– Uppercut [FA]
– Hook [BA] | 6. Jab
– Cross
– Front Kick
– Roundhouse Kick
[Alt Legs / Off BLs] |
| 3. Jab
– Cross
– Front Kick [BL] | 7. Front Kick [FL]
– Jab
– Cross |
| 4. Jab
– Cross
– Roundhouse Kick [BL] | |
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Pad Work
(2 X 1 Minute Rounds)

Shadow Sparring

Self Defence (X 2)
