

YELLOW
(Third Belt/Grade)

Minimum Training Time:
3 Months (12 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

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| <ol style="list-style-type: none">1. Uppercut [FA]
– Hook Punch [BA]2. Double Jab [FA]
– Uppercut [BA]3. Uppercut [FA]
– Cross [BA]4. Hook Punch (Body) [FA]
– Hook Punch (Head) [BA] | <ol style="list-style-type: none">5. Cross
– Jab
– Uppercut
– Hook Punch [Alt Arms]6. Hook
– Uppercut
[Alt Arms] |
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Basic Kicks

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| <ol style="list-style-type: none">1. Double Front Kick [FL]2. Inside Crescent Kick [BL]3. Side Kick (Body) [BL] | <ol style="list-style-type: none">4. Axe Kick [FL]5. Inside Crescent Kick [FL]6. Front Kick [FL] |
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Combinations

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| <ol style="list-style-type: none">1. Sliding Double Front Kick [FL]
– Jab
– Cross
– Roundhouse Kick [BL]2. Roundhouse Kick [BL]
– Back Fist [FA]
– Cross
– Front Kick [BL]3. Side Kick [FL]
– Jab
– Cross4. [Travelling Forward] Uppercut [FA / BA]
– Front Kick [BL]
– Front Kick [BL]
– Back Fist [FA] | <ol style="list-style-type: none">5. Jab
– Side Kick [FL]
– Roundhouse Kick [BL]
– Back Fist [FA]6. Front Kick [BL]
– Roundhouse Kick [BL]
– Axe Kick [BL]
– Back Fist
– Cross
– Uppercut |
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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)
