

GREEN (6th Grade)

FITNESS

- PRESS UPS X 10
- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10 (1 after another = a set)
- CRUNCHES X 10
- TOE TOUCHES X 10
- BRIDGES X 10 (1 after another = a set)
- BURPIES X 10

KICKS

- JUMPING ROUNDHOUSE KICK
- JUMPING OUTER CRESCENT KICK
- BACK KICK

EVASIONS

- PUSHBACK
- SIDE STEP

LINE WORK and PADWORK COMBINATIONS

- JAB, DOUBLE JAB, CROSS, UPPERCUT, CROSS, HOOK, SIDE KICK
- UPPERCUT, HOOK, CROSS, JAB, DOUBLE JAB, PUSH KICK
- JAB, CROSS, HOOK, JUMPING ROUNDHOUSE KICK
- JAB, CROSS, PIVOT (anti clockwise), UPPERCUT, HOOK, SIDE KICK
- JAB, CROSS, DOUBLE JAB, PUSH KICK, BACK KICK
- SIDE KICK, BACK KICK
- CROSS, HOOK, CROSS, SIDE STEP (rear leg) TURNING KICK
- JAB, CROSS, UPPERCUT, CROSS, SIDE STEP (front leg) SIDE KICK
- JAB, CROSS, PUSHBACK, CROSS, UPPERCUT, CROSS, AXE KICK (front leg), CROSS

PARTNER SPARRING DRILL – ATTACK and DEFENCE

- Partner 1: JAB, CROSS, ROUNDHOUSE, HIGH INWARD PARRY(rear hand, front hand)
- Partner 2: HIGH INWARD PARRY (rear hand, front hand), COVER UP GUARD (front leg), JAB, CROSS

Blue-Stripe (5th Grade)

FITNESS

- TON UPS

ATTACKS

- SHOVEL PUNCH
- UPPER CUT ELBOW

KICKS

- JUMPING FRONT KNEE
- HOOK KICK
- SPINNING HEEL KICK

BLOCKS & EVASIONS

- DOWNWARD ELBOW (front & rear arm)

LINE WORK and PADWORK COMBINATIONS

- DOUBLE JAB, CROSS, UPPERCUT, CROSS, HOOK, HOOKING KICK(front leg)
- JAB, SHOVEL PUNCH, SHOVEL PUNCH, CROSS, SPINNING HEEL KICK
- DOWNWARD ELBOW BLOCK,CROSS, HOOK, UPPERCUT ELBOW, PUSH KICK (rear leg)
- JAB, CROSS, UPPER CUT, UPPER CUT, HOOK, JUMPING FRONT KNEE
- HOOK KICK (front leg), SPINNING HEEL KICK

PARTNER SPARRING DRILL - ATTACK and DEFENCE

- Partner 1: JAB (head), UPPER CUT (body), PUSHBACK, CATCH (rear hand), HIGH INWARD PARRY (front hand)
- Partner 2: HIGH INWARD PARRY (rear hand), BODY ELBOW COVER(front arm), SNAP KICK, JAB, CROSS

BLUE (4th Grade)

ATTACKS

- UPPERCUT HOOK (same hand)
- ROUNDHOUSE KNEE (clinch work)

KICKS

- JUMPING AXE KICK (front & rear leg)

BLOCKS & EVASIONS

- HIGH OUTER PARRY (front/rear hand)

LINEWORK and PADWORK COMBINATIONS

- UPPERCUT HOOK (same hand), CROSS, ROUNDHOUSE.
- JUMPING AXE KICK, CROSS, UPPERCUT HOOK (same hand), CROSS, JUMPING ROUNDHOUSE KICK
- REAR HAND HIGH OUTER PARRY, HOOK, CROSS, HOOK, REAR LEG HOOK KICK
- FRONT HAND HIGH OUTER PARRY, CROSS, HOOK, CROSS, SPINNING HEEL KICK
- OUTSIDE SHIN BLOCK PUSH KICK (same leg), ROUNDHOUSE KICK
- OUTSIDE SHIN BLOCK CROSS (at same time), ROUNDHOUSE KICK

Red-Stripe (3rd Grade)

ATTACKS

- SPINNING BACKFIST

KICKS

- JUMPING BACK KICK
- SPINNING HOOK KICK

BLOCKS & EVASIONS

- SIDE STEP PIVOT

LINEWORK and PADWORK COMBINATIONS

- JAB, CROSS, HOOK, SPINNING BACKFIST, ROUNDHOUSE KICK
- REAR HAND ELBOW COVER, FRONT HAND HIGH INWARD PARRY, CROSS, HOOK, CROSS
- FRONT LEG SIDE STEP PIVOT, JAB, CROSS, HOOK, ROUNDHOUSE KICK
- JAB, CROSS, HOOK, JUMPING BACK KICK
- JAB, UPPERCUT, HOOK, SPINNING HOOK KICK
- JAB, CROSS, UPPERCUT ELBOW, HORIZONTAL ROUNDHOUSE ELBOW, CLINCH REAR KNEE

Red (2nd Grade)

ATTACKS

- DOWNWARD ANGLE ELBOW
- SPINNING BACK HORIZONTAL ELBOW
- OVERARM CROSS
- BOLO PUNCH

KICKS

- REVERSE SIDE KICK
- SPINNING AXE KICK
- DOUBLE JUMPING BACK KICK

LINEWORK and PADWORK COMBINATIONS

- DOUBLE JAB,DOWNWARD ANGLE ELBOW,SPINNING BACK HORIZONTAL ELBOW
- CROSS,JAB,BOLO PUNCH,BACK KICK
- REAR ELBOW COVER,DOUBLE JAB, OVERARM CROSS,REVERSE SIDE KICK
- JAB,CROSS,HOOK,REVERSE SIDE KICK
- DOUBLE JAB, OVERARM CROSS,DOUBLE JUMPING BACK KICK
- UPPERCUT, HOOK, CROSS,HOOK, SPINNING AXE KICK

Black-Stripe (1st Grade)

KICKS

- INSIDE LEG KICK
- OUTSIDE LEG KICK
- JUMPING REVERSE SIDE KICK
- JUMPING SPINNING HEEL KICK

LINEWORK and PADWORK COMBINATIONS

- CROSS, INSIDE LEG KICK, CROSS, HOOK, BACK KICK
- UPPER CUT, HOOK, CROSS, HOOK, JUMPING REVERSE SIDE KICK
- JAB, CROSS, HOOK (SIDE STEP ON THE HOOK (front leg)), BACK KICK
- REAR LEG SIDE STEP SIDE KICK, CROSS, HOOK, JUMPING SPINNING HEEL KICK
- CROSS, JAB, OUTSIDE LEG KICK, HOOK (PERFORM HOOK AS LEG COMES BACK) JUMPING SPINNING HEEL KICK
- REAR LEG SIDE STEP, MID SECTION TURNING KICK, CROSS, REVERSE SIDE KICK

1st DEGREE

ATTACKS

- JUMPING CROSS (SUPERMAN PUNCH)
- CORKSCREW JAB, CORKSCREW CROSS
- SPINNING BACK UPPER CUT ELBOW

KICKS

- THAI STYLE SWITCH KICK, TURNING KICK
- JUMPING SPINNING AXE KICK

LINEWORK and PADWORK COMBINATIONS

- JUMPING CROSS, HOOK, CROSS, ROUNDHOUSE KICK
- JUMPING CROSS, INSIDE LEG KICK, CROSS, HOOK, CROSS, JUMPING REVERSE SIDE KICK
- CORKSCREW JAB, CORKSCREW CROSS, PUSH KICK
- HIGH INWARD PARRY, CORKSCREW JAB, CORKSCREW CROSS, SNAP KICK (front leg), SWITCH KICK (Thai Style) TURNING KICK
- JAB, CROSS, HOOK, SPINNING BACK UPPER CUT ELBOW, JUMPING BACK KICK
- OUTSIDE SHIN BLOCK, JUMPING CROSS, ROUNDHOUSE KICK
- BODY HOOK (front hand), OUTSIDE LEG KICK (rear leg), HOOK (perform hook as leg returns), CROSS, SIDE KICK
- CROSS, HOOK, CROSS, JUMPING SPINNING AXE KICK

2nd DEGREE

ATTACKS

- JUMPING JAB (front hand superman punch)
- JUMPING REAR ELBOW (superman elbow)

KICKS

- JUMPING FLYING SPINNING KNEE

LINEWORK and PADWORK COMBINATIONS

- JUMPING JAB,CROSS,ROUNDHOUSE KICK,JUMPING BACK KICK
- JAB,CROSS,HOOK,JUMPING SPINNING FLYING KNEE,ROUNDHOUSE KICK
- BODY HOOK(front hand),OUTSIDE LEG KICK(rear leg),HOOK,CROSS, JUMPING REVERSE SIDE KICK
- SLIP (a jab),UPPERCUT(with the slip),HOOK,CROSS,STEP THROUGH SIDE KICK
- LAYBACK, CROSS, JAB, CROSS, JUMPING SPINNING HOOK KICK
- JUMPING REAR ELBOW,MID SECTION TURNING KICK(front leg),CROSS, STEP THROUGH JUMPING BACK KICK
- SIDE STEP(use rear leg), MID SECTION TURNING KICK,JUMPING SPINNING BACKFIST, ROUNDHOUSE KICK

3rd DEGREE

ATTACKS

- CORKSCREW UPPERCUT (used to open up guard)
- SLIDING FRONT ELBOW

KICKS

- TWISTING KICK

LINEWORK and PADWORK COMBINATIONS

- CORKSCREW UPPERCUT (use front hand),CROSS,STEP THROUGH BACKFIST, ROUNDHOUSE KICK
- JAB,CROSS,HOOK, STEP BACK HOOK,STEP BACK SPINNING BACKFIST, ROUNDHOUSE KICK
- INSIDE LEG KICK,CROSS,JAB,CROSS,JUMPING JAB,SPINNING HEEL KICK
- JAB,CROSS,CORKSCREW UPPERCUT,HOOK,JUMPING PUSH KICK
- SIDE STEP(rear leg) INSIDE LEG KICK,CROSS,SPINNING BACKFIST, ROUNDHOUSE KICK, JUMPING SPINNING HEEL KICK
- CATCH (rear hand) SHOVEL PUNCH (at same time as catch), CROSS, JUMPING SPINNING REVERSE SIDE KICK
- CROSS,UPPERCUT ELBOW, STEP THROUGH DOWNWARD ANGLE ELBOW,SPINNING BACK HORIZONTAL ELBOW,CROSS, ROUNDHOUSE KICK
- LAYBACK, JUMPING CROSS,JAB,CROSS,JUMPING SPINNING HOOK KICK
- INSIDE LEG TWISTING KICK (use rear leg),HOOK (perform hook as leg returns),JUMPING SPINNING BACKFIST, ROUNDHOUSE KICK, JUMPING REVERSE SIDE KICK