

WHITE (10th Grade)

FITNESS

- PRESS UPS X 10
- SIT UPS X 10
- RISING KICKS (with guard) X 10

STANCES

- ATTENTION STANCE
- FIGHTING STANCE (left or right)

PUNCHES

- JAB
- CROSS

KICKS

- SNAP KICK (both front & rear leg)
- TURNING KICK

BLOCKS & EVASIONS

- CATCH (front & rear hand)
- HIGH INWARD PARRY (front & rear hand)
- PIVOT (clockwise & anti clockwise)

LINEWORK and PADWORK COMBINATIONS

- JAB, CROSS
- CATCH (rear hand), JAB, CROSS
- HIGH INWARD PARRY (rear hand), JAB, CROSS
- TURNING KICK (front leg), SNAP KICK (rear leg)
- TURNING KICK, JAB, CROSS
- SNAP KICK, JAB, CROSS

Yellow-Stripe (9th Grade)

FITNESS

- PRESS UPS X 20
- SIT UPS X 20
- OUTWARD CRESCENT KICKS (with guard) X 10

STANCES

- FIGHTING STANCE (left or right)

PUNCHES

- DOUBLE JAB
- SLIDING JAB, DOUBLE JAB
- HOOK (front & rear hand)
- STEP BACK HOOK

KICKS

- PUSH KICK (both front & rear leg)
- ROUNDHOUSE KICK (mid section)

BLOCKS

- COVER UP GUARD (front & rear legs)
- LOW OUTWARD PARRY (front & rear hand)

LINE WORK and PADWORK COMBINATIONS

- JAB, CROSS, HOOK
- JAB, CROSS, HOOK, PUSH KICK (rear leg)
- JAB, CROSS, HOOK, STEP BACK HOOK, ROUNDHOUSE KICK (mid section)
- SLIDING JAB, DOUBLE JAB, CROSS, ROUNDHOUSE KICK (mid section)
- LOW OUTWARD PARRY (rear hand) HOOK, CROSS, HOOK
- LOW OUTWARD PARRY (front hand) CROSS, HOOK, CROSS
- PUSH KICK (front leg), ROUNDHOUSE KICK (mid section)
- PUSH KICK, JAB, CROSS, HOOK, PUSH KICK
- DOUBLE JAB, PUSH KICK (front leg), CROSS, ROUNDHOUSE KICK (mid section)

YELLOW (8th Grade)

FITNESS

- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10
- CRUNCHES X 10
- TOE TOUCHES X 10
- INWARD CRESCENT KICKS (with guard) X 10

STANCES

- SIDE FACING STANCE

PUNCHES

- UPPERCUT

KICKS

- FRONT KNEE (both front & rear leg)
- SIDE KICK (mid section)
- STEPPING SIDE KICK

BLOCKS & EVASIONS

- HIGH ELBOW COVER (front & rear arm)
- DOUBLE FOREARM BLOCK (for straight punches palms facing & for kicks palms face away)
- SHIN BLOCK (front & rear leg for low kicks)
- BOB & WEAVE

LINE WORK and PADWORK COMBINATIONS

- JAB, UPPER CUT, HOOK, CROSS
- JAB, UPPERCUT, HOOK, FRONT KNEE (rear leg),
- JAB, CROSS, HOOK, STEPPING SIDE KICK (side facing stance front leg)
- SLIDING JAB, DOUBLE JAB, ROUNDHOUSE KICK (high section)

Green-Stripe (7th Grade)

FITNESS

- PRESS UPS X 10
- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10
- CRUNCHES X 10
- TOE TOUCHES X 10
- BRIDGES X 10
- SQUAT THRUSTS X 10

ATTACKS

- BACKFIST
- HORIZONTAL ROUNDHOUSE ELBOW

KICKS

- AXE KICK (both front & rear leg)
- JUMPING SNAP KICK
- CRESCENT KICK (inward & outward)

BLOCKS & EVASIONS

- BODY ELBOW COVER (front & rear arms)
- BODY CENTRE LINE BLOCK (front & rear arms)
- OUTER FOREARM BLOCK (front & rear arms)
- LAYBACK WITH DOUBLE FOREARM GUARD

LINE WORK and PADWORK COMBINATIONS

- BACKFIST, CROSS, HOOK, CROSS, AXE KICK (rear leg)
- JAB, UPPERCUT, HORIZONTAL ROUNDHOUSE ELBOW, FRONT KNEE
- JAB, CROSS, UPPERCUT, AXE KICK (front leg), CROSS
- AXE KICK (front leg), CROSS, HOOK, SIDE KICK
- JAB, CROSS, HOOK, JUMPING SNAP KICK