

Purple/White, Brown, Brown/White Belts - Rotation One

Candidates will be asked to demonstrate selected techniques from the list below.

TECHNIQUES

- Double straight punch (Horse Stance)
- Defence Drill 3 (Head Parrys, Head Covers, Body Parrys, Body Covers)
 - Slip Left, Left Hook(Body), Left Hook(Head), Right Cross
 - Jab, Cross, Rear Round Kick, Left Hook
- Left Round Kick x 3, Right Round Kick x 3
 - Spinning Hook Kick

ESCAPES

Single arm Wrist Grab
Double arm Wrist Grab
Bear Hug underarms (From Rear)

FORMS

Focus Form Section 1 & 2

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds