

Yellow, Green, Purple Belts - Rotation One

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

TECHNIQUES

- Double straight punch
- Defence Drill 2 (Head Parrys, Head Covers, Body Parrys, Body Covers)
 - Slip Left, Left Hook(Body), Left Hook(Head)
 - Jab, Cross, Rear Round Kick
- Left Round Kick x 2, Right Round Kick x 2
 - Lead Leg Hook Kick

ESCAPES

Single arm Wrist Grab
Double arm Wrist Grab

FORMS

Focus Form Section 1

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds