

# Yellow, Green, Purple Belts - Rotation Two

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)
  - Right Cross, Left Uppercut, Right Round Kick(Mid)
    - Jab, Cross, Left Hook, Right Hook
  - Lead Push Kick, Rear Upward Elbow
    - Lead Leg Side Kick

## ESCAPES

Wrists Grabbed in Guard  
Double Hand Throat Grab

## FORMS

Focus Form Section 1

## PAD WORK

Selected techniques from the techniques section

## SPARRING

Multiple rounds