

Yellow, Green, Purple Belts - Rotation Three

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)
 - Cross, Right Uppercut, Left Hook
 - Double Jab, Right Cross
- Lead Leg Axe Kick, Right Cross
 - Lead Leg Push Kick

ESCAPES

- Bearhug Overarms (Front)
- Bearhug Overarms (Rear)

FORMS

Focus Form Section 1

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds