

Half Red/Black Belts - Rotation Two

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

TECHNIQUES

- Double straight punch (Horse Stance), Reverse punch 45 degrees (Front Stance)
 - Defence Drill 4 (Head Parrys, Head Covers, Body Parrys, Body Covers, Weave to Right then Left, Low Kick Checks Right then Left)
- Right Cross, Left Uppercut, Right Round Kick(Mid), Left hook, Right Uppercut
- Jab, Cross, Left hook, Right Hook, Left Upper, Right Upper, Weave, Cross
 - Lead Push Kick, Rear Upward Elbow, Double Left Switch Kick
 - Turning Back Kick

ESCAPES

Wrists Grabbed in Guard
Double Hand Throat Grab
Bearhug Under Arms (From Front)

FORMS

Focus Form

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds