Half Red/Black Belts - Rotation One

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 the Right then Left, Low Kick Checks Right/Left)
- Slip Left, Left Hook(Body), Left Hook(Head), Right Cross, Left Switch Kick
- Jab, Cross, Rear Round Kick, Left Hook, Right Uppercut
- Left Round Kick x 4, Right Round Kick x 4
- Spinning Hook Kick

ESCAPES

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

FORMS

Focus Form

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds

FUSION
MARTIAL ARTS