

# White, Blue, Red, Orange Belts - Rotation Three

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

## TECHNIQUES

- Straight Punch
- Defence Drill 1 (Head Parrys, Head Covers)
  - Cross, Right Uppercut
  - Double Jab
  - Lead Leg Axe Kick
  - Lead Leg Push Kick

## ESCAPES

Bearhug Overarms (Front)

## FORMS

Focus Form Section 1

## PAD WORK

Selected techniques from the techniques section

## SPARRING

- 1 x Non-Contact (White & Blue Belts)
- 1 x Semi-Contact (Red & Orange Belts) **Sparring Kit Required**