

# Half Red/Black Belts - Rotation Three

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)
- Cross, Right Uppercut, Left Hook, Left Switch Kick(Mid), Left Switch Kick(Inside Low)
  - Double Jab, Right Cross, Left Hook, Right Low Kick
  - Lead Leg Axe Kick, Right Cross, Inside Low Kick, Cross
  - Rear Question Mark Kick

## ESCAPES

Bearhug Overarms (Front)  
Bearhug Overarms (Rear)  
Headlock

## FORMS

Focus Form

## PAD WORK

Selected techniques from the techniques section

## SPARRING

Multiple rounds