

1st Dan 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 5 (Head Parrys, Head Covers, Body Parrys, Body Covers,
Weave to the Right then Left, Low Kick Checks Right/Left, Flying Knee)

- Cross, Right Uppercut, Left Hook, Left Switch Kick(Mid), Left Switch Kick(Inside Low), Right Down Elbow

- Double Jab, Right Cross, Left Hook, Double Right Low Kick

- Lead Leg Axe Kick, Right Cross, Inside Low Kick, Cross, Back Leg Low Kick

- Lead leg Push Kick, Rear Question Mark Kick

ESCAPES

Bearhug Overarms (Front)

Bearhug Overarms (Rear)

Headlock

FORMS

Focus Form

Power Form

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds