

Purple/White, Brown, Brown/White Belts - Rotation Three

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

TECHNIQUES

- Double straight punch (Horse Stance)
- Defence Drill 3 (Head Parrys, Head Covers, Body Parrys, Body Covers,
Weave to the Right then Left)
- Cross, Right Uppercut, Left Hook, Left Switch Kick(Mid)
 - Double Jab, Right Cross, Left Hook
- Lead Leg Axe Kick, Right Cross, Inside Low Kick
 - Rear Question Mark Kick

ESCAPES

Bearhug Overarms (Front)
Bearhug Overarms (Rear)
Headlock

FORMS

Focus Form Section 1 & 2

PAD WORK

Selected techniques from the techniques section

SPARRING

Multiple rounds