

5th GRADE – BLUE BELT

1. Jab-backfist – leftcross - roundhouse kick-spinning hook kick
2. Backfist – leftcross - reverse punch - side kick - back kick-spinning hook kick
3. Reverse punch – uppercut – hook – spinning axe – hook kick
4. Side kick – step up hook kick – backfist – reverse-
uppercut
5. Jumping front kick
6. Jumping side kick
7. Jumping roundhouse kick
8. Jumping axe kick
9. Back kick
10. Front kick – roundhouse kick – back kick – backfist -
reverse
11. One step hook kick – roundhouse kick to head same leg

1 – 10 Blocking Routine

Control and Restraint

10. Defence from a headlock
- 10, Defence from a two hand strangle hold from behind

SPARRING

Street Self Defence No. 5 & 6

SHADOW BOXING- BAG WORK
HORSE STANCE AND PUNCHES

KATA PINAN YODAN