

## 4<sup>th</sup> GRADE-GREEN BELT

- 1 .Sliding jab-reverse
2. Step forward-backfist
- 3 .Jumping backfist-reverse on the spot
4. Sliding double jab-reverse punch
  
- 5 .Front kick(back leg) –ridgehand-reverse
6. Front kick (back leg) uppercut-hook
7. Front kick (back leg) –roundhouse kick-hook kick
8. Axe kick (back leg)
9. Front kick-Roundhouse kick (same leg) jab-reverse
10. Front kick-axe kick-jab-reverse
11. Slide backwards – inner block(front arm) backfist(same arm) – reverse punch
12. Hopping double side kick- backfist
13. One step hammer fist

1 – 10 Blocking Routine

### Control and Restraint

- 7.Defence from a one arm strangle hold from behind
- 8.Defence from a bear hug from behind

### SPARRING

Street Self Defence. No.3 & 4

SHADOW BOXING-BAG WORK  
HORSE STANCE AND PUNCHES

**KATA PINAN SANDAN**