

3rd GRADE-ORANGE BELT

1. Jab- Backfist-Left Cross
2. Backfist-Leftcross-Reverse
3. Leftcross-Reverse-Uppercut
4. Reverse-Uppercut-Hook
5. Ridgehand-Chop
6. Front kick
7. Side kick
8. Roundhouse kick
9. Flick kick
- 10 .Stamp kick
- 11 .Sickle kick
- 12 .Inner & outer axe
13. Double sweep

Combinations

Foot sweep (backleg) dropping reverse punch

Front kick-jab-reverse

Step forward inner block-reverse punch

Hopping side kick-backfist

Front kick (back leg) uppercut – hook

1 – 5 Blocking Routine

Control and Restraint

5. Defence from a two handed grab to chest clothing

6. Defence from a two handed grab to shoulders from front

Street Self Defence No. 2

SHADOW BOXING BAGWORK

HORSE STANCE AND PUNCHES

KATA PINAN SHODAN

