



BLACK DRAGON



BLITZERS

Syllabus Book



Black Dragon Blitzers

freestyle Kickboxing

A brief History

The true roots of kickboxing dates back over 2000 years ago in far east Asia where they practiced Muay Tai Kickboxing as a form of self-defence.

Kickboxing was introduced in the early seventies as a variation to the full contact karate tournaments taking place.

The club was founded in August 1998 by Rita Ogden who is a 2nd Dan Blackbelt in Wado Ryu Karate, a 4th Dan Blackbelt in Hop Kwin Do Kickboxing and a 1st Dan Zen Shin Do Samurai Sword. Rita's son Matt is also at this level and is a senior instructor and in the W.B.O.B. Hall of fame.

Rita decided to start her own club with the help and guidance of Master Richard Hopkins, who is founder and president of World United Martial Arts Federation. (W.U.M.A.) In all the years that Rita has been training she has learnt and taught many different disciplines including, semi contact, light continuous, and full contact, sparring, weapons and creative forms to music, traditional kata and street self-defence.

Everyone is welcome to join Black dragon Blitzers where they can learn all aspects of kickboxing and grade through their belts to get to their black belt. The lessons teach discipline and respect, whilst having fun learning and keeping fit.

Whilst achieving the award of Most Successful Female Instructor within W.U.M.A. which really is worldwide. Rita is also a Grade an International Referee and a qualified martial arts medic. She has had numerous competition successes but now takes a back seat to concentrate on her students, many of which have been chosen to take part in the Great Britain World Champion Squad. Matt has too many international titles to keep track with, but also claims three world champion titles. He runs his own clubs teaching young dragons from ages 5 to 14.

Black dragon Blitzers is a friendly club and aims to teach students to their own capabilities. Training should be fun whilst achieving levels of fitness, self-defence and martial arts abilities, which gives you confidence currently of violence. If you want to compete push yourself to the limit or just grade through your belts, Black dragon Blitzers is there for you. Remember you only get out of it what you put into it mentally and physically. When you join you will be assured that you will be given as much help as possible and reach standards that you never thought achievable.

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Student Rules and Regulations

The following rules are based on the martial arts of old blended with the new 20th century teacher – student relationship. **PLEASE ABIDE BY THE RULES.**

THE WUMA STUDENT CODE

ATTITUDE, COMMITMENT, CONSISTANCY, ETIQUETTE, HONESTY, LOYALTY, RESPECT AND SINCERITY

- **THE STUDENT CODE MUST BE ABIDED BY AT ALL TIMES**
- **PLEASE INFORM YOUR INSTRUCTOR WHEN YOU ARE UNABLE TO TRAIN**
- **ALL STUDENTS MUST HOLD A VALID PERSONAL LICENCE - INSURANCE**
- **CLUB UNIFORMS AND BELTS TO BE WORN AT ALL TRAINING TIMES**
- **PERMISSION MUST BE GRANTED TO TRAIN UNDER ANOTHER INSTRUCTOR**
- **SHOW RESPECT FOR YOUR INSTRUCTOR AND FELLOW STUDENTS AT ALL TIMES**
- **STUDENTS MAY ONLY USE THEIR SKILLS IN SUPPORT OF LAW AND ORDER**

SAFETY IN CLASS

- **WHILE SPARRING, THE FULL RANGE OF PROTECTION MUST BE WORN**
- **INTIMIDATION OR ANY TYPE OF BULLYING WILL NOT BE TOLERATED**
- **WHILE PRACTISING WITH A PARTNER, ALWAYS THINK SAFETY FIRST**
- **WHILE IN CLASS, THE HIGHER GRADE IS THE HIGHER AUTHORITY**

DO NOT TRAIN WITH A COLD OR BAD THROAT. "DON'T BE STUPID" (RE-GENERATE)

Training with a bad throat or cold will weaken the immune system, at this time the immune system needs rest and food to rebuild and fight the illness, so "REST AND REBUILD"

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Gradings

Gradings are marked on the student's code plus

**ATTENDANCE – EFFORT – BALANCE – FITNESS – POWER – SPEED –
FOCUS - TECHNIQUE**

Grades reflect your level as you progress with your knowledge and skills of martial arts.

lower belts must always show respect to any higher belt a part of their disciplines.

Katas and self-defence will be part of the grading syllabus. Katas are important for discipline, reflexes, muscle strength and stamina.

- **APPLICATIONS FOR GRADINGS MUST BE HANDED IN AND PAID FOR ONE WEEK BEFORE THE ACTUAL GRADING DATE**
 - **ALL STUDENTS MUST HAVE CURRENT LICENCES**
 - **IT IS THE RESPONSIBILITY OF INDIVIDUAL STUDENTS TO ENSURE THEIR LICENCE IS VALID**
 - **ALL STUDENTS MUST WEAR THE PROPER UNIFORM AND HAVE THE CORRECT SPARRING GEAR**

TIME LIMIT BETWEEN EACH GRADING

1ST GRADE WHITE BELT (2 MONTHS) – 2ND GRADE YELLOW BELT (3 MONTHS) – 3RD GRADE ORANGE BELT (3 MONTHS) – 4TH GRADE GREEN BELT (3 MONTHS) – 5TH GRADE BLUE BELT (4 MONTHS) – 6TH GRADE PURPLE BELT (4 MONTHS) – 7TH GRADE BROWN BELT 1ST TAG (4 MONTHS) – 8TH GRADE BROWN BELT 2ND TAG (4 MONTHS) – 1ST DAN BELT (MIN OF 3 YEARS) – 2ND DAN BLACK BELT (2 YEARS) – 3RD DAN BLACK BELT (3 YEARS) – 4TH DAN BLACK BELT (AWARDED AFTER 4 YEARS)

5TH DAN BLACK BELTS AND ABOVE MAY BE AWARDED BY THE HQ PANEL AT ANY TIME FOR I.E. ACCOMPLISHMENTS IN MARTIAL ARTS, DEDICATION TO YOUR SYSTEM

**Please understand that the time limits stated above are only if the participant has trained regular.
"TIME OUT MEANS TIME ADDED ON"**

Persons may be held back from gradings through: lack of regular training, bad attitude, low standard of technique, breaking the student code etc.

for grading costs please ask your instructor or visit the BDB website

Black Dragon Blitzers

freestyle Kickboxing

HAND TECHNIQUES

**JAB – BACKFIST – CROSS – REVERSE PUNCH – UPPERCUT – HOOK – RIDGEHAND –
CHOP – HAMMERFIST – ELBOW**

KICKING TECHNIQUES

**FRONT KICK – SIDE KICK – ROUNDHOUSE KICK – AXE KICK – INNER CRESCENT KICK
– OUTER CRESCENT KICK – STAMP KICK – HOOK KICK – SICKLE KICK – BACK KICK –
KNEE**

**THE ABOVE HAND AND KICKING TECHNIQUES MAY BE ASKED TO BE EXECUTED AS A
SINGLE TECHNIQUE OR ANY SAID SEQUENCE AND MAY BE ASKED TO BE PERFORMED
WITH A SHUFFLE, STEP, SPIN OR A JUMP**

**Please remember not all the above techniques are allowed in the ring, some are for
street self-defence.**

KICKBOXING EQUIPMENT

**ALWAYS MAKE SURE YOU HAVE THE RIGHT EQUIPMENT TO TRAIN WITH PROPERLY. A LACK OF
EQUIPMENT MAY HINDER YOUR TRAINING PROGRAMME**

ITEMS NEEDED FOR THE SERIOUS KICKBOXER

SPARRING EQUIPMENT

**BOXING GLOVES – SEMI CONTACT GLOVES – BOOTS – SHINS – MOUTHGUARD – HEADGUARD –
MALES NEED A BOX – FEMALES NEED A CHESTGUARD**

TRAINING EQUIPMENT

**SKIPPING ROPE – HAND WRAPS – BAG GLOVES – FOCUS PADS – BODY SHEILD – PUNCHBAG –
HANDWIGHTS**

**BY NOT ACQUIRING THE ABOVE ITEMS SPARRING COULD BE UNSAFE AND YOU ARE ONLY HINDERING
YOUR OWN TRAINING. SEE YOUR INSTRUCTOR FOR A PRICELIST**

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WARMING UP FOR MARTIAL ARTS

Warming up before your training is very important, many injuries can be caused due to the lack of adequate warming up and a silly injury could stop you for weeks or even months, body conditioning is included in the warm up

HAND, STOMACH AND LEG WARM UP + CONDITIONING

No 1. Light warm up for beginner's or unfit participants

1/2 mile run
40 sit ups

10 press ups on the fist

10 knees to chest (tuck jumps)

1- press ups on palms

light stretch

No 2. Medium

1 miles run

10 press ups on the finger tips

10 press ups on fist

10 press ups on the palm & clap hands

60 sit ups

20 knees to chest

light stretch

No 3. Heavy

1 to 2 miles run

10 press ups on fist

10 press ups on palms and touch the face

10 press ups on left palm

10 press ups on right palm

30 sit ups

20 star sit ups

30 knees to chest

stretch

WARMING UP WITH KICKBOXING ROUNDS (TIP OF THE DAY)

MAKE A TRACK WITH 2 MINUTES OF GOOD MUSIC THEN 30 SECONDS QUIET FOR YOUR REST PERIOD. THIS MAKES THE TRAINING EASIER TO TIME, CUTS OUT STOPWATCHES AND GIVES A COMFORTABLE ATMOSPHERE TO TRAIN IN.

Execute either 1-2 or 3 of the above warm up plan then set your music going
The first three rounds could easily be just skipping or sprinting or pad work or:-

Round 1 Should be a relaxed round of stances, limbering up with shooting forward and sideways etc. this will warm up your calves & leg muscles & helps practice evasion & techniques

Round 2 Can be skipping, stance work or light shadow boxing

Round 3 can be skipping, stance work or moderate shadow boxing

WARMING UP ON THE PUNCH BAG

Warm up as above before working on punchbag, don't start heavy on the bag.

Round 1 use just hands, casual no power

Round 2 again use just hands a little faster and sharper with a little more power

Round 3 you could now use legs or heighten the power of punches

Warning

PARTICIPANTS WORKING ON 10 ROUNDS OR MORE, HAVE 24HRS REST FOR THE IMMUNE SYSTEM TO REGENERATE. EAT PROTEIN AND CARBOHYDRATES I.E POTATOES, RICE, PASTA, BREAD, CHICKEN, TUNA, ETC.



Black Dragon Blitzers

freestyle Kickboxing

1st GRADE – WHITE BELT

SINGLE BASIC HAND TECHNIQUES

**JAB – BACKFIST – CROSS – REVERSE PUNCH –
UPPERCUT – HOOK – RIDGEHAND**

SINGLE BASIC KICK TECHNIQUES

FRONT KICK – SIDE KICK – ROUNDHOUSE KICK

CONTROL AND RESTRAINT

- 1. Defence from a one handed grab**
- 2. Defence from a two handed grab**

SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

2ND GRADE – YELLOW BELT

TWO HAND COMBINATIONS

JAB – BACKFIST

BACKFIST - CROSS

CROSS – REVERSE PUNCH

REVERSE PUNCH - UPPERCUT

UPPERCUT – HOOK

SINGLE BASIC KICK TECHNIQUES

FRONT KICK – SIDE KICK – ROUNDHOUSE KICK – AXE KICK

COMBINATIONS

FRONT KICK (FRONT LEG) – JAB – REVERSE

ROUNDHOUSE KICK – REVERSE PUNCH

SIDE KICK - BACKFIST

CONTROL AND RESTRAINT

3. Defence from a one handed grab to clothing

4. Defence from a two handed grab to clothing

STREET SELF – DEFENCE No 1

1. Attack, Shuffle & Jab

Defence, left palm block, reverse punch, stamp to

knee, wrist lock, take down

and left punch to face, role and finish with wrist lock

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

3" GRADE – ORANGE BELT

THREE HAND COMBINATIONS

JAB – BACKFIST - CROSS
BACKFIST – CROSS - REVERSE
CROSS – REVERSE PUNCH - UPPERCUT
REVERSE PUNCH – UPPERCUT - HOOK

TWO KICKING TECHNIQUES

FRONT KICK – SIDE KICK
SIDE KICK - ROUNDHOUSE KICK
ROUNDHOUSE KICK
HOOK KICK

COMBINATIONS

FRONT KICK (FRONT LEG) – JAB – REVERSE
HOPPING SIDE KICK – BACKFIST
FRONT KICK (BACK LEG) – UPPERCUT - HOOK

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 1 – No 2

2. Attack. Step and hook **Defence. left**

upper block. foreman smash to bicep. shuffle in and elbow behind ear lobe.
push head on to knee. take down. step over. sit and apply arm & neck lock.
twisting right hip up to lock elbow

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

4th GRADE – GREEN BELT

COMBINATIONS

SLIDING JAB – REVERSE

BLITZING BACKFIST

SLIDING DOUBLE JAB – REVERSE PUNCH

FRONT KICK (BACK LEG) – DOUBLE JAB

FRONT KICK (BACK LEG) – UPPERCUT – HOOK

FRONT KICK (BACK LEG) – HOOK KICK

AXE KICK (BACK LEG)

BACK KICK

FRONT KICK – AXE KICK

SPINNING HOOK KICK

CONTROL AND RESTRAINT

7. Defence from a one arm strangle hold from behind

8. Defence from a bear hug from behind

BLOCKING ROUTINE 1-10 (LEFT STANCE)

STREET SELF – DEFENCE No 1 – No 3

3. Attack, shuffle and jab. Defence.

left palm block followed by right upper block, shuffle in pulling their arm towards you as you shuffle in and elbow strike to throat, grab throat, take down, apply standing arm lock

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

5th GRADE – BLUE BELT

COMBINATIONS

JAB – BACKFIST – ROUNDHOUSE KICK – SPINNING HOOK

SIDE KICK – BACK KICK

UPPERCUT – HOOK – ROUNDHOUSE KICK OFF EACH LEG

COUNTERKICK

JUMPING FRONT KICK

JUMPING SIDE KICK

JUMPING ROUNDHOUSE KICK

FRONT KICK – ROUNDHOUSE KICK – BACK KICK

SICKLE KICK

CONTROL AND RESTRAINT

9. Defence from a headlock

10. Defence from a two handed strangle hold from behind

BLOCKING ROUTINE 1-10 (LEFT STANCE)

STREET SELF – DEFENCE No 1 – No 4

4. BOTH LEFT FIGHTING STANCE. Attack, step and hook. Defence, left upper block, right palm strike under chin, stamp behind knee with left foot, stamp on ankle or calf muscle, move in and apply headlock.

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

6th GRADE – PURPLE BELT

COMBINATIONS

ROUNDHOUSE KICK - SPINNING HOOK KICK

JUMPING SIDE KICK – BACK KICK – BACKFIST – REVERSE

OUTER CRESCENT KICK – INNER CRESCENT KICK

ROUNDHOUSE KICK – OUTER LEG SWEEP

SLIDING JAB – REVERSE – ROUNDHOUSE KICK – REVERSE

SLIDING JAB – REVERSE – FRONT KICK – SIDE KICK – BACK KICK – REVERSE

BASIC JUMP KICKS

JUMP FRONT – SIDE – ROUNDHOUSE - AXE

CONTROL AND RESTRAINT

2 STREET DEFENCES AGAINST WEAPONS

BLOCKING ROUTINE 1-10 (LEFT STANCE)

STREET SELF – DEFENCE No 1 – No 5

5.ATTACK.. shuffle and grab clothing with left hand. Defence. grab opponent's left hand and twist your body left to form a wrist lock, execute a forearm smash onto their elbow joint, push shoulder or elbow down and step over. execute arm lock

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

7th GRADE – 1" TAG BROWN BELT

HOP KUIN DO HAND SEQUENCE
HOP KUIN DO KICKING SEQUENCE

COMBINATIONS

FRONT KICK – JUMPING SPINNING BACK FIST – UPPERCUT – HOOK

FRONT KICK (BACK LEG) – JAB – REVERSE

HOPPING HOOK KICK – ROUNDHOUSE KICK (SAME LEG) – SPINNING HOOK - BACKFIST
– REVERSE

FRONT KICK (TO HEAD) – SIDE KICK (TO HEAD)

ONE STEP SIDE KICK (TO KNEE) – LEG SWEEP (SAME LEG) – DROPPING REVERSE PUNCH

ALL BASIC JUMP KICKS

JUMP FRONT – SIDE – ROUNDHOUSE – AXE – CRESCENTS AND JUMP BACK KICK

CONTROL AND RESTRAINT 1 -10

4 STREET DEFENCES AGAINST WEAPONS

BLOCKING ROUTINE 1-10 (LEFT STANCE)

STREET SELF – DEFENCE No 1 – No 10

KATA - KUSHANKU

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

8th GRADE – 2nd TAG BROWN BELT

HOP KUI DO HAND SEQUENCE BOTH STANCES (TENSION, SPEED, POWER)

HOP KUI DO KICKING SEQUENCE

COMBINATIONS

SLIDING TWISTING JAB

BACK KICK – ROUNDHOUSE KICK (SAME LEG) – REVERSE PUNCH

**SLIDING SIDE KICK (FRONT LEG) – SIDEKICK (BACK LEG) ROUNDHOUSE (SAME LEG) –
SPINNING HOOK KICK**

JUMPING ROUNDHOUSE – JUMPING HOOK (SAME LEG)

**JUMPING FRONT KICK – ROUNDHOUSE KICK – SPINNING HOOK KICK – BACKFIST – REVERSE
STEP AND JAB – REVERSE – FRONT KICK – SIDE KICK – BACK KICK – BACKFIST – REVERSE**

ALL BASIC AND ADVANCED JUMP KICKS

**JUMP FRONT – SIDE – ROUNDHOUSE – AXE – CRESCENTS AND JUMP BACK KICK AND ALL
JUMP SPINNING**

CONTROL AND RESTRAINT 1 -10

6 STREET DEFENCES AGAINST WEAPONS

BLOCKING ROUTINE 1-10 (LEFT STANCE)

STREET SELF – DEFENCE No 1 – No 10

ALL KATAS

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

9th GRADE – 3rd TAG BROWN BELT

HOP KUIN DO HAND SEQUENCE BOTH STANCES (TENSION, SPEED, POWER)

HOP KUIN DO KICKING SEQUENCE BOTH STANCES (TENSION, SPEED, POWER)

COMBINATIONS

SLIDING SIDE KICK – HOOK KICK (SAME LEG)

3 KICK OFF BACK LEG FRONT SIDE HOOK KICKS – BACK KICK - REVERSE

JUMPING FRONT KICK – ROUNDHOUSE – SPINNING HOOK KICK – JAMPING BACK KICK

FRONT KICK (BACK LEG) – CROSS – REVERSE – ROUNDHOUSE KICK

REVERSE SWEEP – AXE KICK (SAME LEG)

ROUNDHOUSE KICK – SWEEP (SAME LEG) – DROPPING REVERSE

JUMPING ROUNDHOUSE – SPINNING HOOK KICK

SLIDING REVERSE – STEP THROUGH FOOT SWEEP – ROUNDHOUSE KICK – REVERSE

BACKFIST – DROPPING SPINNING ELBOW STRIKE

ALL BASIC AND ADVANCED JUMP KICKS

**JUMP FRONT – SIDE – ROUNDHOUSE – AXE – CRESCENTS AND JUMP BACK KICK AND ALL
JUMP SPINNING**

CONTROL AND RESTRAINT 1 -10

CREATE 4 EMPTY HAND SELF DEFENCE

CREATE 4 STREET DEFENCES AGAINST WEPONS

BLOCKING ROUTINE 1-10 (BOTH STANCES)

STREET SELF – DEFENCE No 1 – No 10

ALL KATAS

SPARRING - SHADOW BOXING – BAG WORK

HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

10th GRADE – 1st DAN BLACK BELT
MINIMUM 3 YEARS REGULAR TRAINING & QUALIFY AS A JUDGE & IN 1st AID

ALL BASIC HAND COMBINATIONS
ALL BASIC KICKING COMBINATIONS
BASIC HAND AND FEET COMBINATIONS
BASIC JUMP KICKS
ADVANCED JUMPING KICKS
IRON PALM ROUTINE – IRON LEG ROUTINE

CONTROL AND RESTRAINT 1 -10
CREATE 10 EMPTY HAND SELF DEFENCE
CREATE 10 STREET DEFENCES AGAINST WEAPONS

BLOCKING ROUTINE 1-10 (BOTH STANCES)

STREET SELF – DEFENCE No 1 – No 10 (OUT OF SEQUENCE)

HAND COMBINATIONS
TENSION – SPEED – POWER
KICK COMBINATIONS
TENSION – SPEED - POWER

ALL KATAS

ADVANCED ROUNDS OF:

SPARRING - SHADOW BOXING – BAG WORK
HORSE STANCE AND PUNCHES

Black Dragon Blitzers

freestyle Kickboxing

2ND DAN BLACK BELT

MINIMUM 2 YEARS TRAINING AFTER 1ST DAN & QUALIFY AS A CLASS REFEREE

**ALL BASIC HAND COMBINATIONS
ALL BASIC KICKING COMBINATIONS
ALL HAND AND FEET COMBINATIONS
BASIC JUMP KICKS & ADVANCED JUMPING KICKS
IRON PALM ROUTINE - IRON LEG ROUTINE
CONTROL AND RESTRAINT 1 -10
DEFEND AGAINST 10 UNKNOWN STREET ATTACKS
BLOCKING ROUTINE 1-10 (BOTH STANCES)
STREET SELF - DEFENCE No 1 - No 10 (OUT OF SEQUENCE
REVERSE SPINNING KICK
ADVANCED JUMPING BACK KICK
ADVANCED JUMP SPINNING HOOK KICK
ALL KATAS
ADVANCED ROUNDS OF: -
SPARRING - SHADOW BOXING - BAG WORK
HORSE STANCE AND PUNCHES**

3RD DAN BLACK BELT

MUST HAVE 1ST AID AND REFEREE QUALIFICATIONS

SELECTED SYLLABUS FROM ABOVE WITH: -

EXTRA ROUNDS - 1 HR WRITTEN EXAM

EXPLANATION OF PRESSURE POINTS, BODY MUSCLES, MARTIAL ARTS HISTORY ETC.

Black Dragon Blitzers

freestyle Kickboxing

HOP KUIN DO STREET SELF DEFENCE

1. BOTH LEFT FIGHTING STANCE. Attack, shuffle and jab. Defence, left palm block, reverse punch, stamp kick to knee, wrist lock, take down and left punch to face, role and finish with wrist lock

2. BOTH LEFT FIGHTING STANCE. Attack, step and hook. Defence, left upper block, foreman smash to bicep, shuffle in and elbow behind ear lobe, push head on to knee, take down, step over, sit and apply arm & neck lock, twisting right hip up to lock elbow.

3. BOTH LEFT FIGHTING STANCE. Attack, shuffle and jab. Defence, left palm block followed by right upper block, shuffle in pulling their arm towards you as you shuffle in and elbow strike to throat, grab throat, take down, apply standing arm lock

4. BOTH LEFT FIGHTING STANCE. Attack, step and hook. Defence, left upper block, right palm strike under chin, stamp behind knee with left foot, stamp on ankle or calf muscle, move in and apply headlock.

5. ATTACK, shuffle and grab clothing with left hand. Defence, grab opponents left hand and twist your body left to form a wrist lock, execute a foreman smash onto their elbow joint, push shoulder or elbow down and step over, execute arm lock.

6. ATTACK Step and grab with both hands to throat. Defence, upper double block while shuffling back, double slap ears with cupped hands, grab head, pull head and head but to bridge of nose, pull head on to your knee, circle your hands and twist opponent into a Japanese strangle.

7. ATTACK. Shuffle and grab clothing with left arm. Defence. grab their left hand and twist and pull whilst executing a ridge hand with you left hand to their throat. when opponent hits floor. use a kick to head. then kick to back lifting opponent on to their side. then land axe kick to their throat and apply arm lock.

8. ATTACK step and double grab. Defence. execute a right hand upper block before they reach you, grab wrist and arm with both your hands, pull towards you and knee to stomach. as they bend execute an elbow strike down to base of neck and push away

9. ATTACK shuffle and grab throat both hands. Defence. thrust right arm up through middle while left arm pulls down, shuffle in and elbow to war lobe or jaw. while holding left hand pull their hip into yours. twist and throw them. whilst holding their right hand punch and. sink you knee into ribs until they tap out.

10. ATTACK. Step behind and grab around throat with right arm. Defence. execute a right elbow into the ribs, grab the foreman that is around your throat, pull their hip into yours by leaning forward a little and twist to throw them. whilst holding their right arm punch to face and sink knee into their ribs.



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freestyle Kickboxing

HOP KUIN DO SEQUENCES

HOP KUIN DO HAND SEQUENCE

**JAB – BACKFIST - CROSS – REVERSE -UPPERCUT – HOOK –
RIDGEBAND – CHOP – HAMMERFIST – ELBOW – KNEE**

HOP KUIN DO KICKING SEQUENCE

**(BACK LEG) FRONT – SIDE – ROUND
(FRONT LEG) FLICK – STAMP – SICKLE
INNER AXE – OUTER AXE
INNER SWEEP – OUTER SWEEP
INNER CRESCENT – OUTER CRESCENT
HEEL KICK
HOOK KICK
KNEE TO HEAD
BACK KICK
TURN IN HOPKUIN DO**

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freestyle Kickboxing

WEEK / / to / /

GOALS _____

WARM UP

DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES

STRENGTH TRAINING

DAYS: _____

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES

CARDIO TRAINING

DAYS: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES

COOL DOWN

DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES

* Intensity: easy/medium/hard or poor/good/excellent

