

1st GRADE - WHITE BELT

1. Jab
2. Backfist
3. Left Cross
4. Reverse
5. Uppercut
6. Hook
7. Ridgehand All punches sliding
8. Front Kick
9. Side Kick
10. Roundhouse Kick Coming forward off back leg

Combinations

Front kick(front leg) jab, reverse
Roundhouse kick, reverse punch
Side kick - backfist

Control and Restraint

1. Defence from a one handed grab to wrist
2. Defence from a two handed to both wrists

Street Self Defence No1

Shadow Boxing- Bag Work- Horse Stance and Punches