

2nd GRADE – YELLOW BELT

1. Jab, Backfist
2. Backfist, Leftcross
3. Leftcross, Reverse punch
4. Reverse punch, Uppercut
5. Uppercut, Hook
6. Hook, Ridgehand All punches sliding
7. Front Kick
8. Side Kick
9. Roundhouse Kick
10. Flick Kick
11. Stamp Kick
12. Sickle Kick All kicks off back leg coming forward

Combinations

Side Kick, Backfist – Roundhouse kick

Hopping Front kick, Backfist, Reverse

Hopping Side kick

Jab – Reverse on the spot – Front kick (back leg)

Control and Restraint.

3. Defence from a one handed grab to clothing

4. Defence from a two handed grab to clothing.

1-5 Blocking Routine.

Street Self Defence No.1

SPARRING HANDS ONLY

SHADOW BOXING-BAG WORK
HORSE STANCE AND PUNCHES

KATA PINAN NIDAN