

BEGINNER LEVEL - ORANGE BELT

Technical Set Three - Evasion

(Both Students in Left Fighting Stance)

Attack

Defend

Left jab to head-----> Slip to right, parry with right hand
Right cross to head-----> Slip to left, parry with left hand
Left hook to head-----> Right forearm block
Lead crescent kick-----> Lean back (evade)
Lead scissor front kick-----> Step back (evade)
Left hook to head-----> Slip to left and roll underneath
Right bowler punch to head -----> Lean to right and left forearm block

Technical Set Three - Pad Work

(Both Students in Left Fighting Stance)

Attacker

Pad Holder

Left jab to head-----> Left hand pad upright
Right cross to head-----> Right hand pad upright
Left hook to head-----> Left hand pad turned inwards
Lead crescent kick-----> Right hand pad turned inwards
Lead scissor front kick-----> Step back, both pads faced downwards
Left hook to head-----> Left hand pad turned inwards
Right bowler punch to head-----> Right hand pad angled diagonally upwards

Notes

This routine is the first to include a jumping kick, please ensure that you kick with the correct leg and do not lean back whilst you jump as you may fall. There are one or two punches thrown at head height which you must block, it is imperative that you throw these with absolute control, the use of excessive power may result in you failing your grading. Twists and pivots are also essential when crossing, hooking or executing bowler punches. As this is the last of the beginner level routines you must show a good understanding of all the techniques performed.