

ADVANCED LEVEL - BROWN BELT

Technical Set Seven - 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
Right cross to head -----	> Slip to left, parry with left hand
Left hook to head-----	> Lean back (evade)
Lead back fist to head-----	> Slip to right, parry with right hand
Lead leg sweep-----	> Lead knee raise (evade)
Lead axe kick-----	> Lean back (evade)
Rear leg sweep-----	> Lead knee raise (evade)
Rear side kick (stepping into right stance)-----	> Step back (into right stance)
Take kick to body<-----	Lead round kick to body
Lead round kick to body-----	> Take kick to body
Take kick to body<-----	Lead round kick to body
Step back to left stance (evade)<-----	Rear round kick upper body/head (to left stance)
Rear round kick high (receive sweep)<-----	> Dragon sweep to supporting leg

Technical Set Seven - Pad Work (Both Students in Left Fighting Stance)

Attack

Pad Holder

Left jab to head-----	> Left hand pad upright
Right cross to head -----	> Right hand pad upright
Right cross to head -----	> Right hand pad upright
Left hook to head-----	> Left hand pad high, turned inwards
Lead back fist to head-----	> Right hand pad high, turned inwards
Lead leg sweep-----	> Lead knee raise (evade)
Lead axe kick-----	> Both pads faced upwards
Rear leg sweep-----	> Lead knee raise (evade)
Rear side kick (stepping into right stance)-----	> Step back (into right stance), pads on lead hip
Take kick to body<-----	Lead round kick to body
Lead round kick to body-----	> Right hand pad angled diagonally downwards
Take kick to body<-----	Lead round kick to body
Step back to left stance (evade)<-----	Rear round kick upper body/head (to left stance)
Rear round kick high (receive sweep)<-----	> Dragon sweep to supporting leg (right pad high)

Notes

This routine introduces sweeps, inside, outside and the dragon sweep. All three are to be aimed below the calf. When executing the kicks to the body ensure that you use full control to avoid injury. Also, timing is crucial for both evasion and pads when throwing the dragon sweep below the rear round kick at the end of the routine.