

## BEGINNER LEVEL - RED BELT

### **Technical Set One - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Lead front kick to body-----> Pat down with lead hand  
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-----> Slip to left and roll underneath  
Lead round kick to body-----> Pat away with lead hand

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### **Technical Set One - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Lead front kick to body-----> Lead hand pad faced down  
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 round kick to body-----> Left hand pad angled diagonally downwards

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### **Notes**

The first routine is relatively simple but should not be rushed. Try to take your time when learning the evasion routine, all punches and kicks should be performed steadily and with control. Try not to pause or hesitate too much between moves, find a rhythm that best showcases your overall technique. When confident feel free to speed up a little (especially on the focus pads), remember that you have to be a good pad holder as well as an attacker.