

BEGINNER LEVEL - YELLOW BELT

Technical Set Two - Evasion

(Both Students in Left Fighting Stance)

Attack

Defend

Lead axe kick to head-----> Step back (evade)
Left jab to head-----> Slip to right, parry with right hand
Right uppercut to body-----> Lead forearm block (elbow to hip)
Left hook to head-----> Lean back (evade)
Right cross to head-----> Slip to left, parry with left hand
Rear round kick to thigh-----> Lead knee raise

Technical Set Two - Pad Work

(Both Students in Left Fighting Stance)

Attacker

Pad Holder

Lead axe kick to head-----> Both pads faced upwards
Left jab to head-----> Left hand pad upright
Right uppercut to head-----> Right hand pad faced down
Left hook to head-----> Left hand pad turned inwards
Right cross to head-----> Right hand pad upright
Rear round kick to body-----> Both pads upright to left

Notes

Don't worry if you can't execute an axe kick to head height, the upper body will be fine. However, as you progress you will find that your flexibility will improve and your high kicks will become easier to perform. Make sure that the rear round kick to the thigh is controlled, especially if you do not yet possess safety boots and shin guards. Please note that the uppercut is to the body in the evasion routine but to the head on the pad work, this is to make the pad routine faster and easier for the pad holder to perform at beginner level.