

BLUE BELT

NAME: _____

START DATE : _____ GRADING DATE : _____

MINIMUM 20 REGULAR CLASSES (please get signed at each class)

GREEN BELT + CLASSES

SERVICE: ADULTS CLASSES

SERVICE: CHILDRENS CLASSES

Multiple Defence 6.

- Ready Stance
 1. Fighting stance, Right middle block
 2. Right inside block
 3. Left low uppercut
 4. Left high uppercut
 5. Left knee
 6. Right elbow
 7. Right knee, Step down sideways – horse riding position, right elbow
 8. Right hammer fist to groin
 9. Right hammer fist head
 10. Left vertical punch to neck.
 11. Left Knee, turn left, left open hand block.
 12. Right short punch – hold out
 13. Turn right, knife hand guarding block.
 14. Left palm strike to chin
 15. Left turning kick, step down
 16. Right step, throw with left leg
 17. Left punch
 18. Right knee
- Ready Stance

SPARRING CLASSES (Optional refer Note 1)

(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

Self Defence 6.

1. Lapel Grabs
2. Bear Hugs

Ground Defence 6

1. Submissions from GP 1

GRADING REQUIREMENTS

- All boxes signed (optional for sparring)
- Self Defence and Multiple Defence 1 -6
- Ground Defence

