

# RED TIP

NAME: \_\_\_\_\_ START DATE : \_\_\_\_\_ GRADING DATE : \_\_\_\_\_

**MINIMUM 40 REGULAR CLASSES** (please get signed at each class)


### GREEN BELT + CLASSES


#### Self Defence

1. Front kick defence. Version 1 and 2
2. Turning kick defence (3 versions)
3. Side kick defence.
4. Back Kick
5. Knee defence
6. Rear lapel grab. Inside: palm and groin shot, right upper elbow, knee, to shoulder lock, take down, elbow lock.
7. Rear lapel outside defence

See Trainer for Grade Variations on Brown Belt Self Defence

#### GRADING REQUIREMENTS

- All boxes signed (optional for sparring)
- Self Defence and Multiple Defence 1 -7
- Ground Defence

### SERVICE: ADULTS OR CHILDRENS CLASSES


#### SPARRING CLASSES (Optional refer Note 1)


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

