

# COLOURED BELT PAD DRILLS

## YELLOW BELT

1. SPEED CROSS, FRONT HAND UPPERCUT.
2. SLIPPING, FRONT HAND HOOK.
3. DOUBLE JAB.
4. STEPPING SIDE KICK, BACK LEG TURNING KICK.
5. 1 / 2, BACK LEG KNEE..
6. BOB AND WEAVE, ANY LEG AXE KICK.

## ORANGE BELT

1. BODY DEFLECTIONS, BACK FIST, BACK HAND HOOK.
2. RIDING, LOW PARRY, POWER CROSS.
3. JUMPING FRONT SNAP KICK, STEPPING SIDE KICK.
4. LEAD LEG AXE KICK, SPINNING OUTER CRESCENT KICK.
5. SWITCH KICK, SAME LEG TURNING KICK.
6. BACK LEG TURNING KICK, SPINNING OUTER CRESCENT KICK.

## GREEN BELT

1. 1 / 2, ROUNDHOUSE KICK.
2. 1 / 2, FRONT HAND HOOK, BACK HAND DOWNWARD ELBOW STRIKE.
3. JAB, ROUNDHOUSE ELBOW, CROSS ARM GUARD.
4. LEAD LEG TURNING KICK, BACK KICK.
5. 1 / 2 / 1, BACK LEG JUMPING TURNING KICK.
6. BACK LEG JUMP INWARD CRESCENT KICK, BACK KICK.

## PURPLE BELT

1. LEAD LEG TURNING KICK, SPINNING HEEL KICK.
2. FRONT PUSHING KICK, JUMPING KNEE.
3. STEP UP AXE KICK, ROUNDHOUSE KICK.
4. BACK KICK, JUMPING TURNING KICK.
5. SLIPPING AND RIDING, DOUBLE SHOVEL PUNCH.
6. FRONT HAND SHOVEL PUNCH, SAME HAND BODY HOOK, BOB AND WEAVE.

## BLUE BELT

1. 1 / 2 / 1, BACK LEG JUMPING AXE KICK.
2. JUMPING SIDE KICK, JUMPING TURNING KICK.
3. ROUNDHOUSE ELBOW, DOWNWARD ANGLE ELBOW, BOB AND WEAVE.
4. TURNING KICK, BACK KICK, POWER CROSS.
5. STEP UP HOOK KICK, SPEED CROSS, UPPERCUT
6. LEAD LEG FRONT PUSH KICK, STEP ROUNDHOUSE KICK.

## BROWN BELT

1. BACK LEG TURNING KICK, JUMPING BACK KICK.
2. DISTANCE JUMP FRONT KICK, POWER CROSS, BACK KICK.
3. SLIP AND RIDE, HOOK, UPPERCUT.
4. LEAD LEG JUMP AXE KICK, BACK LEG SPINNING HOOK KICK.
5. CROSS ARM GUARD, OVER ARM CROSS.
6. LEADS LEG TURNING KICK, SPINNING BACK FIST..

## BROWN BELT WHITE STRIPE

1. DOUBLE JAB, SAME HAND DISTANCE UPPERCUT, OVER ARM CROSS.
2. LEAD LEG TURNING KICK, BACK LEG JUMPING SPINNING HEEL KICK.
3. 1 / 2, BACK HAND DISTANCE HOOK, FRONT HAND DISTANCE UPPERCUT, LEAD LEG JUMP TURNING KICK.
4. BACK LEG AXE KICK, OPP LEG SPINNING AXE KICK, OPP JUMPING ROUNDHOUSE KICK.
5. BACK LEG REPEATED TURNING KICK, OPP LEG JUMP BACK KICK F'WDS, OPP LEG JUMP BACK KICK B'WDS.
6. LEAD LEG DOUBLE TURNING KICK, JUMPING CROSS.