

For all brown belt black stripes that are doing black belt grading in November 2010

Combination's

1. Front leg front push kick / double hook (front then back hand)
2. Stepping side kick / power cross
3. Front hand low parry / back hand roundhouse elbow / back leg knee
4. Inward crescent kick / other leg back kick / power cross
5. 1 / 2 / front hand hook / back hand uppercut
6. Step up axe kick / speed cross / front leg hook kick
7. Jumping back fist / back leg jumping turning kick
8. Jumping back kick (landing leg in front) / step forward into over arm cross
9. 1 / 2 / bob and weave
10. Front leg front snap kick / back leg turning kick landing leg in front / other leg jumping spinning heel kick

Pad drill's

1. Double jab - small pads moving
2. Body deflections / back fist / back hand hook - small pads moving
3. Jumping front nap kick / stepping side kick - kickshield static
4. 1 / 2 / 1 / back leg jumping turning kick - kickshield static
5. Step up axe kick / roundhouse kick - small pads moving
6. Slipping and riding / double shovel - small pads static
(pad holder needs to attack for the slipping and riding)
7. Step up hook kick / speed cross / front hand uppercut - small pads moving
8. Cross arm guard / over arm cross - small pads moving
(pad holder needs to attack for cross arm guard)
9. Back leg axe kick landing leg in front / other leg spinning axe kick landing leg in front / back leg jumping roundhouse kick - kickshield static
10. Front leg double turning kick / jumping cross - small pads moving

Remember you need to know all 10 combination's but will only do 8 chosen one's and all 10 pad drill's but will only do 6 chosen one's.