

COLOURED BELT COMBINATION DRILLS

WHITE BELT

1. FRONT SNAP KICK, 1 / 2..
2. 1 / 2, TURNING KICK.

RED BELT

1. 1 / 2, HOOK.
2. FRONT PUSH KICK, DOUBLE HOOK.
3. SLIDING JAB, HOOK, TURNING KICK.

YELLOW BELT

1. SPEED CROSS, FRONT HAND UPPERCUT.
2. FRONT HAND ELBOW COVER, POWER CROSS.
3. STEPPING SIDE KICK, POWER CROSS.
4. FRONT KNEE (REAR LEG), AXE KICK OPP LEG.
5. FRONT HAND UPPERCUT, BACK HAND HOOK.
6. BACK HAND PALM DOWNWARDS PARRY, ELBOW COVER.

ORANGE BELT

1. 1 / 2, FRONT HAND ROUNDHOUSE ELBOW.
2. LEAD LEG FRONT SNAP KICK, TURNING KICK, JUMP FRONT SNAP KICK.
3. 1 / 2, LEAD LEG JUMP FRONT SNAP KICK.
4. STEPPING SIDE KICK, POWER CROSS, AXE KICK.
5. LEAD HAND LOW PARRY, ROUNDHOUSE ELBOW, REAR KNEE.
6. POWER BACK FIST, HOOK, SPINNING OUTER CRESCENT KICK.

GREEN BELT

1. 1 / 2 BOB AND WEAVE.
2. INWARD CRESCENT KICK, BACK KICK, POWER CROSS.
3. LEAD HAND LOW PARRY, ROUNDHOUSE ELBOW, KNEE.
4. BACK LEG FRONT PUSH KICK, TURNING KICK, JUMPING TURNING KICK.
5. HIGH JAB, LOW JAB, UPPERCUT, HOOK.
6. 1 / 2, HOOK, UPPERCUT.

PURPLE BELT

1. DOUBLE SHOVEL (BACK HAND 1ST), JUMPING KNEE.
2. STEP UP AXE KICK, SPEED CROSS, LEAD LEG HOOK KICK.
3. STEPPING SIDE KICK, POWER CROSS, UPPERCUT, BACK KICK.
4. JAB, SCREW PUNCH, BACK LEG JUMPING KNEE..
5. BACK LEG TURNING KICK, SPINNING HEEL KICK.
6. FRONT HAND UPPERCUT, BACK LEG JUMPING TURNING KICK.

BLUE BELT

1. JUMPING BACK FIST, JUMPING TURNING KICK.
2. FRONT SNAP KICK, TURNING KICK, BACK KICK, JUMPING SIDE KICK.
3. DOUBLE JAB, DUCK, SAME HAND HOOK, SPINNING HEEL KICK.
4. LEAD HAND LOW PARRY, SPEED CROSS, LEAD LEG JUMPING SIDE KICK.
5. JAB, SLIP, SPEED CROSS, BACK LEG KNEE.
6. STEP UP HOOK KICK, OPP LEG JUMP AXE KICK.

BROWN BELT

1. DISTANCE JUMP FRONT KICK, SPEED CROSS, LEAD HAND HOOK, JUMPING BACK KICK.
2. STEP UP AXE KICK, SLIP, FRONT HAND SHOVEL PUNCH, SPINNING HEEL KICK.
3. JUMPING BACK KICK, STEP FORWARD OVERARM CROSS.
4. 1 / 2 FRONT HAND SHOVEL, BACK HAND UPPERCUT, FRONT HAND ROUNDHOUSE ELBOW, BACK HAND UPPERCUT ELBOW.
5. STEP UP AXE KICK, SPINNING BACK FIST.
6. SCREW PUNCH, BODY HOOK, HEAD HOOK, UPPERCUT. (ALL SAME HAND)