

LITTLE DRAGONS KICKBOXING

5th GRADE BLUE BELT

PUNCHES

Jab
Reverse Punch
Uppercut (front & rear)
Hook (front & rear)
Back Fist (front)

COMBINATION

White Belt Yellow Tag
Yellow Belt Blue Tag

EQUIPMENT

Uniform
Full Licence
Syllabus Book
Full Sparring Gear

KICKS

Front Kick (front & rear)
Round Kick (front & rear)
Side Kick (front & rear)
Axe Kick (front & rear)

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt

BLOCK & COUNTER

Step Inward Block

SHADOW FIGHTING

Hands & Legs

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Basic Techniques

BREAKING

1 Break to get Belt

BLUE BELT KICKBUILDER

Left Fighting Stance Side Kick with the Rear Leg (make sure leg is guarded)
Stepping Down in Front with Right Fighting Stance (keeping guard up)
Perform 4 Times moving forward

Lift the Front Knee, Making Sure Knee is Level with your Belt and Maintain Guard.
Making sure Left Knee is nearest the Left Shoulder Perform Side Kick with the Front Leg
SLOWLY (whilst counting to 4) Then Step Back in to Right Fighting Stance with your
Guard Up.

Perform 4 Times moving back

Left Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg
(keeping guard up) Stepping Down in Front with Right Fighting Stance (keeping guard)
Perform 4 Times moving forward

Left Fighting Stance Side Kick then Round Kick and then Front Kick with the Front Leg
(keeping guard) Stepping Down in Behind in to Right Fighting Stance (keeping guard up)
Perform 4 Times moving back, Finish