

LITTLE DRAGONS KICKBOXING

14th GRADE RED BELT BROWN TAG

PUNCHES

Jab
Reverse Punch
Angle Jab
Uppercut (front & rear)
Hook (front & rear)
Back Fist (front)
Ridge Hand (front & rear)
Over Head Hook (rear)
Inward Knife Hand (rear)
Spinning Back Fist (rear)

ELBOWS

Forward Elbow (front & rear)
Rising Elbow (front & rear)

COMBINATION

White Belt Yellow Tag
Yellow Belt Blue Tag
Blue Belt Green Tag
Green Belt Orange Tag
Orange Belt Purple Tag
Purple Belt Red Tag
Red Belt Brown Tag

KICKS

Front Kick (front & rear)
Round Kick (front & rear)
Side Kick (front & rear)
Hook Kick (front & rear)
Axe Kick (front & rear)
Jumping Front Kick (rear)
360 Round Kick
Spinning Hook Kick (rear)
Spinning Heel Kick (rear)
Jumping Side Kick (rear)
Spinning Back Kick (rear)
Jumping 360 Round Kick
Jumping Round Kick (rear)

KNEES

Turning Knee (front & rear)
Rising Knee (front & rear)

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt
Orange Belt
Purple Bel
Red Belt

BLOCK & COUNTER

Step Parry & Jab
Step Inward Block
Step High Block
Step Single Palm Block
Step X Fist
Step Outer Forearm
Palm Hooking Block
Step Outward Block

SPARRING

Free Sparring
Fighting 2 Fighters

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

BREAKING

4 Breaks to get Belt

PAD WORK

Combination
Holding the Pads

RED BELT BROWN TAG COMBINATION

Left Stance

Step Back Left Palm Hooking Block, Right Front Forward Elbow, Left Side Knee, Left Forward Elbow, Rear Hook Punch, Front leg Front Kick Down in Front, Rear Round Kick Down in Front, Jumping 360 Round Landing in Left Stance Spot Turn

Right Stance

Step Back Right Palm Hooking Block, Left Front Forward Elbow, Right Side Knee, Right Forward Elbow, Rear Hook Punch, Front leg Front Kick Down in Front, Rear Round Kick Down in Front, Jumping 360 Round Landing in Right Stance Spot Turn Finish.