

LITTLE DRAGONS KICKBOXING

2nd GRADE WHITE BELT YELLOW TAG

PUNCHES

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

COMBINATION

White Belt Yellow Tag

EQUIPMENT

Uniform
Full Licence
Syllabus Book
Full Sparring Equipment

KICKS

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

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt

SHADOW FIGHTING

Hands & Legs

SPARRING

Tap Sparring

THEORY

Hall Etiquette
Training Code
Basic Techniques

BREAKING

1 Break to get B

WHITE BELT YELLOW TAG COMBINATION

Left Stance

Jab, Reverse Punch, Front Hook Punch, Rear Uppercut, Rear Leg Front Kick, (down in front)

Rear Leg Round Kick, (down in front) Finish.

Change Stance

Right Stance

Jab, Reverse Punch, Front Hook Punch, Rear Uppercut, Rear Leg Front Kick, (down in front)

Rear Leg Round Kick, (down in front) Finish.