

LITTLE DRAGONS KICKBOXING

4th GRADE YELLOW BELT BLUE TAG

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)

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt
Yellow 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

YELLOW BELT BLUE TAG COMBINATION

Left Stance

Front Hook Punch, Rear Hook Punch, Left Inward Block, Front Side Kick, Rear Side Kick, (step down in front), Rear Leg Front Kick Finish.

Change Stance

Right Stance

Front Hook Punch, Rear Hook Punch, Left Inward Block, Front Side Kick, Rear Side Kick, (step down in front), Rear Leg Front Kick Finish.