

LITTLE DRAGONS KICKBOXING

7th GRADE GREEN BELT

PUNCHES

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

COMBINATION

White Belt Yellow Tag
Yellow Belt Blue Tag
Blue Belt Green 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)

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt

BLOCK & COUNTER

Step Inward Block
Step High Block

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques

BREAKING

1 Break to get Belt

GREEN BELT KICKBUILDER

Start in Left Fighting Stance Perform Jumping Front Kick with the Rear Leg (keeping guard up) Landing Down in Front with Right Fighting Stance (keeping guard up)
Perform 4 Times moving forward

Start in Left Fighting Stance Perform Jumping Front Kick with the Rear Leg (keeping guard up) Landing Down behind with Right Fighting Stance (keeping 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 to Right Stance Then Jumping Front Kick with the Rear leg Landing in Left Fighting Stance (keeping guard)
Perform 2 Times moving forward then Spot Turn

Right Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg (keeping guard up) Stepping down in to Left Stance Then Jumping Front Kick with the Rear leg Landing in Right Fighting Stance (keeping guard)
Perform 2 Times moving forward then Spot Turn