

LITTLE DRAGONS KICKBOXING

10th GRADE ORANGE BELT PURPLE 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)

COMBINATION

White Belt Yellow Tag
Yellow Belt Blue Tag
Blue Belt Green Tag
Green Belt Orange Tag
Orange Belt Purple 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)

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt
Orange Belt

BLOCK & COUNTER

Step Parry & Jab
Step Inward Block
Step High Block
Step Single Palm Block
Step X Fist

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

BREAKING

2 Breaks to get Belt

ORANGE BELT PURPLE TAG COMBINATION

Left Stance

Jab, Reverse Punch, Rear Round Kick (step down in front) Spinning Hook Kick, X Fist Block, Angle Jab, Rear Inward Knife Hand, Step Back Single Palm Block, 360 Round Kick, Jumping Front Kick (moving backwards) Finish.

Right Stance

Jab, Reverse Punch, Rear Round Kick (step down in front) Spinning Hook Kick, X Fist Block, Angle Jab, Rear Inward Knife Hand, Step Back Single Palm Block, 360 Round Kick, Jumping Front Kick (moving backwards) Finish.