

LITTLE DRAGONS KICKBOXING

13th GRADE RED BELT

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)

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

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

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt
Orange Belt
Purple Belt
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

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

PAD WORK

Combination
Holding the Pads

KNEES

Rising Knee (front & rear)

RED BELT KICKBUILDER

Left Fighting Stance Perform Jump Spinning 360 Round Kick Landing Down in Front in
Left Fighting Stance (keeping guard) Perform 4 Times moving forward then Spot Turn

Right Fighting Stance Perform Jump Spinning 360 Round Kick Landing Down in Front in
Right Fighting Stance (keeping guard) Perform 4 Times moving forward then Spot Turn

Left Fighting Stance Front Kick Then Round Kick and then Side Kick with the Rear Leg
then Step Down in Front and then Jump Spinning 360 Round Kick (keeping guard up)
Stepping Down in Front with Right 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
then Step Down in Front and then Jump Spinning 360 Round Kick (keeping guard up)
Stepping Down in Front with Left Fighting Stance (keeping guard)