

LITTLE DRAGONS KICKBOXING

6th GRADE BLUE BELT GREEN TAG

PUNCHES

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

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)
Axe Kick (front & rear)
Jumping Front Kick (rear)

PAD WORK

Combination
Holding the Pads

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt

BLOCK & COUNTER

Step Inward Block
Step High Block

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques

BREAKING

1 Break to get Belt

BLUE BELT GREEN TAG COMBINATION

Left Stance

Uppercut Front, Uppercut Rear, Back Fist Front, Reverse Punch, Rear Axe Kick (step down in front) Front Side Kick, High Block Reverse Punch Finish.

Right Stance

Uppercut Front, Uppercut Rear, Back Fist Front, Reverse Punch, Rear Axe Kick (step down in front) Front Side Kick, High Block Reverse Punch Finish.

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