

LITTLE DRAGONS KICKBOXING

1st GRADE WHITE BELT

PUNCHES

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

KICK BUILDERS

White Belt

EQUIPMENT

Full Licence
Uniform

KICKS

Front Kick (front & rear)

PAD WORK

Combination
Holding the Pads

SHADOW FIGHTING

Hands & Legs

SPARRING

Tap Sparring

THEORY

Hall Etiquette
Training Code
Basic Techniques

WHITE BELT KICKBUILDER

Left Fighting Stance Front Kick with the Rear Leg (keeping guard up)
Stepping Down in Front with Right Fighting Stance (keeping guard up)

Perform 4 Times moving forward

Lift the Front Knee, Making Sure Knee is Level with your Belt and Maintain Guard. Perform Front Kick with the Front Leg SLOWLY (whilst counting to 4) Then Step Back in to Right Fighting Stance with your Guard Up.

Perform 4 Times moving back