

# **LITTLE DRAGONS KICKBOXING**

## **3rd GRADE YELLOW BELT**

### **PUNCHES**

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

### **COMBINATION**

White Belt Yellow Tag

### **EQUIPMENT**

Uniform  
Full Licence  
Syllabus Book  
Full Sparring Gear

### **KICKS**

Front Kick (front & rear)  
Round Kick (front & rear)  
Side Kick (front & rear)

### **PAD WORK**

Combination  
Holding the Pads

### **KICK BUILDERS**

White Belt  
Yellow Belt

### **SHADOW FIGHTING**

Hands & Legs

### **SPARRING**

Free Sparring

### **THEORY**

Hall Etiquette  
Training Code  
Basic Techniques

### **BREAKING**

1 Break to get Belt

### **YELLOW BELT KICKBUILDER**

Left Fighting Stance Round 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 Round 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

Left Fighting Stance Front Kick then Round Kick with the Rear Leg (keeping guard up)  
Stepping Down in Front with Right Fighting Stance (keeping guard up)  
Perform 4 Times moving forward

Left Fighting Stance Round Kick then Front Kick with the Front Leg (keeping guard up)  
Stepping Down in Behind in to Right Fighting Stance (keeping guard up)  
Perform 4 Times moving back