

LITTLE DRAGONS KICKBOXING

12th GRADE PURPLE BELT RED 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)
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)

BREAKING

4 Breaks to get Belt

KICK BUILDERS

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

BLOCK & COUNTER

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

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

PAD WORK

Combination
Holding the Pads

PURPLE BELT RED TAG COMBINATION

Left Stance

Parry, Jab, Rear Front Kick, High Block, Reverse Punch, Rear Round Kick,
Jump change Stance Backwards, Spinning Kick, Right Inner Block,
Spinning Back Kick, Spinning Back Fist, one step Jumping Side Kick, Finish in Right
Stance

Right Stance

Parry, Jab, Rear Front Kick, High Block, Reverse Punch, Rear Round Kick,
Jump change Stance Backwards, Spinning Kick, Left Inner Block,
Spinning Back Kick, Spinning Back Fist, one step Jumping Side Kick, Finish in Left
Stance