

# LITTLE DRAGONS KICKBOXING

## 8th GRADE GREEN BELT ORANGE TAG

### PUNCHES

Jab  
Reverse Punch  
Uppercut (front & rear)  
Hook (front & rear)  
Back Fist (front)  
Ridge Hand (front & rear)  
Over Head Hook (rear)

### COMBINATION

White Belt Yellow Tag  
Yellow Belt Blue Tag  
Blue Belt Green Tag  
Green Belt Orange 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

### PAD WORK

Combination  
Holding the Pads

### KICK BUILDERS

White Belt  
Yellow Belt  
Blue Belt  
Green Belt

### BLOCK & COUNTER

Step Parry & Jab  
Step Inward Block  
Step High Block

### SPARRING

Free Sparring

### THEORY

Hall Etiquette  
Training Code  
Techniques

### BREAKING

1 Break to get Belt

### GREEN BELT ORANGE TAG COMBINATION

#### Left Stance

Parry, Jab, Rear Hook Punch, Rear Leg Front Kick, (step down in front) Jumping Front Kick (moving forward) Spot Turn, Rear Leg Hook Kick, (step down in front) Front Hook Punch, Rear Hook Punch, Rear Side Kick (step down in front) Finish.

#### Right Stance

Parry, Jab, Rear Hook Punch, Rear Leg Front Kick, (step down in front) Jumping Front Kick (moving forward) Spot Turn, Rear Leg Hook Kick, (step down in front) Front Hook Punch, Rear Hook Punch, Rear Side Kick (step down in front) Finish.

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