

LITTLE DRAGONS KICKBOXING

15th GRADE BROWN BELT

KICKBUILDER

Left Fighting Stance Spinning Kick with the Rear Leg Step down in to Right Fighting Stance (keeping guard)

Perform 4 Times moving forward then Spot Turn

Left Fighting Stance Perform Spinning Kick with Left Leg SLOWLY (counting to 4) Step down in to Right Fighting Stance (keeping guard)

Perform 4 Times moving forward then Spot Turn

Left Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and then Spinning Kick (keeping guard up) Stepping Down in Front with Left Fighting Stance (keeping guard)

Perform 2 Times moving forward then Spot Turn

Right Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and then Spinning Kick (keeping guard up) Stepping Down in Front with Right Fighting Stance (keeping guard)

Perform 2 Times moving forward then Spot Turn

BROWN BELT COMBINATION

Left Stance

Jab, Reverse Punch, Left Inward Block Left Back Fist, Rear Round Kick Step Down, Right Outward Block, Rear Front Kick Chamber Leg, Side Kick, Jumping Spinning Back Kick, Step Front Rising Elbow, Step Front Rising Elbow, Jumping Hook Kick Spot Turn

Right Stance

Jab, Reverse Punch, Right Inward Block Right Back Fist, Rear Round Kick Step Down, Left Outward Block, Rear Front Kick Chamber Leg, Side Kick, Jumping Spinning Back Kick, Step Front Rising Elbow, Step Front Rising Elbow, Jumping Hook Kick Spot Turn Finish.