

### **Set 1 – Low Rank Green Belt**

Lead leg kicks, reverse punch, front hand blocks

- 1.1 Closed Stance - Inward parry block, counter with a reverse punch.
- 1.2 Closed Stance - Inward parry, counter with a reverse punch, lead leg round kick
- 1.3 Closed Stance - Step together Double Round Kick, reverse punch. – Low/High
- 1.4 Closed Stance - Step together Hook Kick, Round Kick – High/Low
- 1.5 Open Stance - Step together Side Kick, Round Kick. – Low/High

\*\*Low rank green belts need to be able to rotary jog for two minutes (2:00) without stopping.

### **Set 2 – High Rank Green**

Spin kicks, front hand punch following a reverse punch

- 2.1 Closed Stance - Inward parry block, counter with a spin side kick.
- 2.2 Open Stance - Downward parry block, counter with a spin heel kick.
- 2.3 Closed Stance - Inward parry block, reverse punch, front punch, step away spin side kick.
- 2.4 Either Stance - Step together side kick, spin side kick
- 2.5 Closed Stance - Double round kick, spin heel kick

\*\*High rank green belts need to be able to rotary jog for two minutes and twenty seconds (2:20) without stopping.

### **Set 3 Low Rank Blue**

Ridge hand, back fist, rear hand blocks

- 3.1 Closed Stance - Outward block with the rear hand and counter with the front hand ridge hand.
- 3.2 Closed Stance - Outward block with the rear hand and counter with the front hand ridge hand followed by a lead leg side kick.
- 3.3 Closed Stance - Inward parry block with the front hand, follow immediately with the front hand back fist and reverse punch.
- 3.4 Closed Stance - Lead leg side kick, reverse punch, front hand ridge hand.
- 3.5 Open Stance - Front hand back fist, reverse punch, lead leg side kick, spin heel kick

\*\*Low rank blue belts need to be able to rotary jog for two minutes and forty seconds (2:40) without stopping.

## **Set 4 – High Rank Blue**

### Turning kicks

- 4.1 Open Stance - Downward parry block, advance the turning round kick.
- 4.2 Open Stance - Inward parry block, front hand back fist, reverse punch, turning round kick.
- 4.3 Either Stance - Dodge the spin heel kick, counter with a turning side kick
- 4.4 Open Stance - Reverse punch, turning round kick, spin heel kick.
- 4.5 Open Stance - Reverse hand ridge hand, turning round kick, spin side kick.

\*\*High rank blue belts need to be able to rotary jog for three minutes (3:00) without stopping.