

# **LITTLE DRAGONS KICKBOXING**

## **16th GRADE BROWN BELT BLACK TAG I**

### **KICKBUILDER**

Left Fighting Stance Jump Spinning Back Kick with the Rear Leg Stepping down in to Right Fighting Stance (keeping guard up)

Perform 4 Times moving forward

Left Fighting Stance Jump Back Kick with the Rear Leg Landing Right Fighting Stance (keeping guard up)

Perform 4 Times moving back

Left Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and then Jump Spinning Back Kick (keeping guard up) Stepping Down in Front with Left Fighting Stance then Jumping Back Kick with the Left leg Landing in Right 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 Jump Spinning Back Kick (keeping guard up) Stepping Down in Front with Right Fighting Stance then Jumping Back Kick with the Right leg Landing in Left Fighting Stance (keeping guard)

Perform 2 Times moving forward then Spot Turn

### **BROWN BELT BLACK TAG COMBINATION**

Left Stance

Rear Leg Hook Kick, Jumping Back Kick, Jumping Front Kick, Jumping Round Kick, Jab, Reverse Punch, Rising Elbow Front, Back fist, Rear Ridge Hand, Rear Front Kick, Quick Step Side Kick, Spot Turn Double Step Jumping Side Kick.

Right Stance

Rear Leg Hook Kick, Jumping Back Kick, Jumping Front Kick, Jumping Round Kick, Jab, Reverse Punch, Rising Elbow Front, Back fist, Rear Ridge Hand, Rear Front Kick, Quick Step Side Kick, Spot Turn Double Step Jumping Side Kick.