

LITTLE DRAGONS KICKBOXING

16th GRADE BROWN BELT BLACK TAG I

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)
Rising Elbow (front & rear)
Down 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
Red Belt Brown Tag
Brown Belt
Brown Belt Black Tag I

KICKS

Front Kick (front & rear)
Round Kick (front & rear)
360 Round Kick
Side Kick (front & rear)
Hook Kick (front & rear)
Spinning Hook Kick (rear)
Axe Kick (front & rear)
Spinning Back Kick (rear)
Spinning Heel Kick (rear)
Jumping Front Kick (rear)
Jumping Round Kick (rear)
Jumping Side Kick (rear)
Jumping Back Kick (rear)
Jumping Hook Kick (rear)
Jumping 360 Round Kick
Jumping Spinning Back Kick

KNEES

Turning Knee (front & rear)
Rising Knee (front & rear)

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt
Orange Belt
Purple Belt
Red Belt
Brown Belt
Brown Belt Black Tag I

BLOCK & COUNTER

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

SPARRING

Sparring 2 Fighters with a
take-down
Free Sparring
Fighting 2 Fighters

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

BREAKING

4 Breaks to get Belt

PAD WORK

Combination
Holding the Pads