

WHITE BELT TO YELLOW BELT (1-5 MONTHS)

ATHLETIC PREPARATION

- Muscle stretching, body movement, general fitness.

GUARD POSITIONS

- Front guard right and left. Side guard right and left stance

MOVEMENTS

- Semi movements forward and backward
- Movement forward and backward
- Going forward with back leg (stepping forward with back leg throwing a technique of the programme)

FUNDAMENTALS: blocks-punches-kicks-knees

- Blocking high inward and outward (deviation towards inwards or outwards with the palm or wrist of hand)
- Blocking body inwards and outwards (deviation towards inwards or outwards with the arm)
- Blocking low (pushing towards the floor with the palm of the hand)
- Straight right and left;
- Strike with the back elbow (side stance) right and left stance
- How to do a leg strike towards the ankle: front knee strike, front and left and right stance
- Front kick right and left stance;
- Roundhouse knee strike right and left stance
- Roundhouse kick strike right and left stance – various levels-

PLEASE NOTE:

All the above fundamentals have to be done while static and in forward motion in right and left stance.

COMBINATIONS

- IN SIDE STANCE
Palm strike off backhand and straight punch (passing from back guard to front guard) Roundhouse kick off front leg with palm strike
- FRONT STANCE GUARD
Jab + straight + hook (static and forward movement)
High block outward and inward + straight punch off back hand
Medium block outward and inward + straight punch off back hand
Low block + direct off back hand

Jab + straight punch + front kick off back leg (static and forward movement)
Front kick then stepping through + jab and straight punch off back hand
Roundhouse kick off back leg (one step) + direct off back hand + hook front hand

OTHER STUDIES

- Tactics:
study of the fighting distances: short, medium, long

