

MZM MARTIAL ARTS

KICK BOXING GRADE



■ 5th Belt - Purple Belt

EXERCISES

Skipping for 3 minutes (variation – i.e. double ropes, kris cross etc.)

TECHNIQUES

All techniques are to be performed in both stances.

Hands

- Shuffle forward Jab, Hook punch, Uppercut (alternate arms)
- Shuffle forward Jab, Ridge Hand, Hook punch to the head (alternate arms)
- Shuffle forward Jab, Elbow to temple, Elbow to temple (alternate arms)

Legs

- Double Side Kick (rear leg), 2 x Knee thrust (alternate legs)
- Shuffle Back, Outer lower Block (front arm), Shuffle forward Backfist, Reverse Punch
- Jumping Back kick (with rear leg)

Shadow Boxing (Hands + Legs) for 4 minutes

Focus Pad work (Hands + Legs) for 4 minutes

Blocking Techniques:

No. 1. Attacker: Left Stance. Shuffle forward punch to head with Left arm.

Defender: Left Stance. Shuffle back, outer block with Right arm, Left elbow to side of temple.

No. 2. Same as No. 1. - but in Right Stance

Sparring - Five x 2 minute rounds

Horse Riding Stance for 5 minute