

# MZM MARTIAL ARTS

## KICK BOXING GRADE



### 3rd Grade - Orange Belt

#### EXERCISES

All in quantities of 25: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 3 x 2 minutes

#### TECHNIQUES

All techniques are to be performed in both stances.

#### Hands

- 2 x Outer Block, 2 x Inner Block (alternate arms)
- 2 x Upper Block, 2 x Lower Outer Block (alternate arms)
- Leading arm Back Fist, skip-up, Hook kick

#### Legs

- Shuffle forward Side Kick, Reverse Punch
- Shuffle forward Jab, Cross Punch, Roundhouse Kick (with rear leg)
- Jumping Front kick (with leading leg)

Shadow Boxing (Hands + Legs) for 3 minutes

Sparring - Three x 2 minute rounds

Horse Riding Stance for 3 minutes