

MZM MARTIAL ARTS

KICK BOXING GRADE



■■■■7th Grade - Brown Stripe Belt

TECHNIQUES

All techniques are to be performed in both stances.

Hands

- Shuffle forward Jab, 2 Uppercuts, 2 Hooks.
- Shuffle forward Jab, one step Backfist, Spinning Backfist.
- Shuffle forward Jab, 2 Hammer, 2 Elbow (upwards to chin), rear arm Chop.

Legs

- Front kick, Jumping (leading leg) Axe kick, 2 Hook kicks (alternate legs).
- Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick.
- Jumping Back kick, Jumping Side kick (back legs)

Shadow Boxing (Hands + Legs) for 6 minutes

Bag work (Hands + Legs) for 6 minutes

Blocking Techniques:

No. 5. Attacker: Left Stance. Shuffle Jab.

Defender: Left Stance. Block up with left, Reverse punch (bending knees) to solar plexus with right.

No. 6. Attacker: Left Stance. Roundhouse kick to body with Right leg.

Defender: Left Stance. Inner block with right leg. Roundhouse kick with same leg to head.

Self Defence Techniques

Wood Breaking (1 board)

Sparring - Seven x 2 minute rounds

Horse Riding Stance for 8 minute