

# MZM MARTIAL ARTS

## KICK BOXING GRADE



### ■ 4th Grade - Green Belt

#### EXERCISES

All in quantities of 30: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 2 x 3 minutes

#### TECHNIQUES

All techniques are to be performed in both stances.

##### Hands

- Switch Stance, skip-up, Hook kick
- Skip up, leading leg Side Kick, Upper Block, Reverse Punch
- Shuffle forward Reverse Punch, Ridge Hand (rear arm), Roundhouse Kick (leading leg)

##### Legs

- Roundhouse Kick, Spinning Kick
- 2 x Axe Kick (rear leg)
- Jumping Roundhouse Kick (rear leg)

Shadow Boxing (Hand + Legs) for 4 minutes

Focus Pad Work (Hands + Legs) for 4 minutes

Sparring – Four x 2 minute rounds