

# MZM MARTIAL ARTS

## KICK BOXING GRADE



### ■ 2nd Grade - Blue Belt

#### EXERCISES

All in quantities of 20: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.  
Skipping for 2 x 2 minutes

#### TECHNIQUES

All techniques are to be performed in both stances.

##### Hands

- Shuffle forward Jab and two Uppercuts
- Shuffle forward Jab and two Hook Punches
- Shuffle forward Jab and two Ridge Hands

##### Legs

- Back leg Front kick, Side kick, Roundhouse kick
- Shuffle forward Hook kick
- Back kick

Shadow Boxing (Hands + Legs) for 2 minutes

Sparring – Two x 2 minute rounds