

MZM MARTIAL ARTS

KICK BOXING GRADE



□ 1st Grade - White Belt

EXERCISES

All in quantities of 10: Sit-ups; Push-ups; Squat-jumps; Squat with front kick.
Skipping for 2 minutes.

TECHNIQUES

All techniques are to be performed in both stances.

Hands

- Shuffle forward with leading arm Jab
- Shuffle forward Jab and Reverse punch
- Shuffle forward with two Backfist (alternate arms)

Legs

- Shuffle forward then Front kick
- Shuffle forward then Roundhouse kick
- Shuffle forward then Side kick

Shadow Boxing (Hands + Legs) for 1 minute

Horse Riding Stance for 1 minute