

MZM MARTIAL ARTS

KICK BOXING GRADE



■ 6th Grade - Brown Belt

TECHNIQUES

All techniques are to be performed in both stances.

Hands

- Shuffle forward Jab, Hammer, Elbow (upwards to chin), Elbow (to temple)
- Shuffle forward Jab, Chop, Elbow (to temple), Reverse Elbow (same arm pulling back across targets).
- Shuffle forward Jab, Cross punch, one step Back fist, Reverse punch.

Legs

- Side kick, Spinning kick (alternate legs)
- Hook kick, Side kick, Jumping Back kick (alternate legs)
- Jumping Hook kick (back leg), Back kick, Double Roundhouse kick

Shadow Boxing (Hands + Legs) for 5 minutes

Focus Pad work (Hands + Legs) for 5 minutes

Blocking Techniques:

No. 3. Attacker: Left Stance. Step forward punch to face with Right arm.

Defender: Left Stance. Jump back, block down with left, Reverse punch over top with right arm.

No. 4. Same as No. 3. - but in Right Stance

Self Defence Techniques

Sparring - Six x 2 minute rounds

Horse Riding Stance for 6 minutes