

MZM MARTIAL ARTS

KICK BOXING GRADE



■ 8th Grade - Black Belt

Must be able to perform total syllabus from white belt through to black belt.
Must have attended brown/stripe training course.

TECHNIQUES

All techniques are to be performed in both stances.

Hands

- One step Backfist, Spinning Backfist, Knee thrust to side of body, Knee thrust to solar plexus.
- Shuffle forward Jab, jump back blocking down with same arm, Shuffle forward Reverse punch, Side kick (leading leg), Back kick.
- Shuffle forward finger jab to eyes, one step Elbow, Grab and Front Sweep Legs

Legs

- Hook kick + Roundhouse kick (same leg), Hook kick + Roundhouse kick (same leg), Jumping Spinning kick.
- Jump back with Side kick, Backfist & Reverse punch (Blitz technique).
- Outer Crescent kick, one step jumping spinning Inner Crescent kick (cyclone kick)

Shadow Boxing (Hands + Legs) for 10 minutes

Bag Work (Hands + Legs) for 10 minutes

Focus Pad Work

Blocking Techniques (numbers 7 to 14)

Self Defence Techniques

Wood Breaking (2 boards)

Sparring - Ten x 2 minute rounds

Horse Riding Stance

Blocking Techniques :

To make it easier to understand all blocking techniques listed below are explained in Left Stance, but they must be practised in both left and right stance.

All kicks are using the rear leg/arm unless stated otherwise.

Attack Defence

No. 7. Roundhouse kick to Body Left Lower Outer Forearm Block

No. 8. Roundhouse kick to Head Right Forearm Inner Block

No. 9. Front kick to Groin Left Leg Stomp kick

No. 10. Front kick to Upper Chest Shuffle back Double Palm Block down

No. 11. Side kick to Body Right leg step across, Left Lower Inner Block

No. 12. Hammer punch to Head Left Upper Rising Block

No. 13. Ridge Hand to Head Left Upper Outer Block

No. 14. Roundhouse kick to Body Left Knee/Shin Block