

NAME.....

# RED BELT JUNIOR

## TAG 1

1. RELAXED STANCE INTO A LEFT GUARD STANCE - WITH A LOUD SHOUT/ CHANGE STANCES

NOTES.....

2. HIGH PARRIES / IN A LEFT STANCE USING LEFT AND RIGHT HAND

NOTES.....

3. LOW PARRIES / IN A LEFT STANCE USING LEFT AND RIGHT HAND

NOTES.....

4. PALM HEEL PUSH / IN A LEFT STANCE USING RIGHT HAND

NOTES.....

5. FRONT SNAP KICK / IN A LEFT STANCE USING BACK LEG

NOTES.....

6. PUSH KICK / IN A LEFT STANCE USING BACK LEG

NOTES.....

7. HEAD BLOCK /IN A LEFT STANCE USING LEFT ARM

NOTES.....

8. BASIC INSIDE FOREARM BLOCK / IN A LEFT STANCE USING LEFT ARM

NOTES.....

9. DOWNWARD BLOCK / IN A LEFT STANCE USING LEFT ARM

NOTES.....

10. CONTINUED REVERSE TWIST PUNCH / IN A LEFT STANCE

NOTES.....

11. SIDE BREAK FALLS / LEFT AND RIGHT

NOTES.....

12. FORWARD ROLL / RIGHT ARM AND LEG FORWARDS /GOING OVER THE RIGHT SHOULDER

NOTES.....

13. ESCAPE FROM A SINGLE HANDED WRIST GRAB (4)

NOTES.....

14. ESCAPE FROM A FRONT STRANGLE (3)

NOTES.....

15. BODY DROP THROW USING THE RIGHT LEG (ADAPT TO SIZE)

NOTES.....

16. SPARRING FOOTWORK FOLLOWING PARTNER (3)

NOTES.....

17. ONE HOLD DOWN

NOTES.....