

YOUNG ADULTS - BROWN

Level Notes:

Once you have learnt your techniques they must be practiced on the pads.

Partner drills: To achieve required fluency they must be well drilled.

Round Requirements:

40x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Iron Horse

Left Side (1-4)

Lead Uppercut (adv), Cross, Lead Hook, Rear Roundhouse (low), Lead Roundhouse (high), Jumping Back Thrust

Hammer Fist Drill

Parry, Circular Block (ie, transfer / redirect), Monitor (ie, pin), Hammerfist

~ Use rubber knife when confidence increases.

Muay Thai Clinch

Counter to opponent pulling head down. No knees at this level.

Happo Giri (1-4)

Eight cuts of Japanese Swordsmanship - Read Handout

Progress Check 2

Iron Horse

Left Side (5-9)

Jab - Cross - Inside Leg Kick (front) - Roundhouse (land fwd) - Back Hook Kick *Change stance after every combination*

Boxing - Slip Combinations

Slip 1:

Slip partners Jab, counter: Rear Uppercut, Lead Hook, Cross, Lead Hook

Slip 2:

Slip partners Jab, roll to Duck, counter: Rear Body Hook, Lead U/Cut, Cross, Lead Hook

Slip 3:

Slip partners Jab to inside, counter: Cross, Lead Hook, Cross, Lead Hook

Muay Thai Clinch

Counter to opponent locks onto neck with really tight elbows. No knees at this level.

Happo Giri (5-8)

Eight cuts of Japanese Swordsmanship - Read Handout

Progress Check 3

Muay Thai Clinch

1 minute grapple: Focus on techniques learnt so far. Light knees with inside thigh.

~ Warnings will be given for relying on strength.

Random Testing

Specifically: Orange - Pro-Green

Grading: Physical Component:

Push-ups 55

Sit-ups 55

Squats 55

Thai Pads 3x3 min round

Sparring 3x3 min round

Belt Theme: HONOUR

“Every action of our lives touches on some chord that will vibrate in eternity.” - Sean O’Casey - Irish Playwright (1880-1964)

“A person is for one generation, but honour is for all generations.” Honour is to value and maintain your good name and esteem, by acting in an ethical and morally just fashion. The way in which you train with others reflects directly on how they see you. Train in an honourable way, and you will soon earn the respect of your peers. Train seriously, in a way that others will respect. A person who doesn’t care about what anyone thinks, may act in a selfish manner. Maintain high ethical standards in all that you do. Demonstrate that you have self-respect.