

YOUNG ADULTS - GREEN

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.

Conditional sparring rounds are 1x1 minute in grading. Train 3 minute rounds and include in your rounds.

Round Requirements:

10x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Step-Up Knee	<i>Thai version. Moderately paced rear check to bait opponent, fast stomp into lead knee.</i>
Personal 10 move demonstration	<i>Include angles, multiple attackers, offensive and defensive techniques.</i>
Sparring Rhythm Drill	<i>Jab, Cross, Inside leg kick, cross, hook, rear roundhouse. ~ Drill with partner until it feels smooth.</i>
7-Strikes Stationary	<i>7 basic stick strikes of Filipino Eskrima</i>
Semi-Free 1 (1x1 min):	<i>Attacker: Boxing. Defence: Parries, Cover, Slips & Ducks (no counters) ~ Must be performed at a pace where defender is programming muscle memory.</i>

Progress Check 2

Step-Up Push Kick	<i>Thai version. Moderately paced rear check to bait opponent, fast stomp into lead push kick.</i>
Hopping Outer Crescent Kick (Lead Leg)	<i>Change stance after every kick</i>
Thai Pad Combo 5	<i>Slip their jabbing pad - counter with Body Jab, Cross, Lead Hook, Rear Overhand</i>
Thai Pad Combo 6	<i>Switch-Stance Inside-Leg-Kick, Cross, Jab, Side Kick front leg</i>
Redonda 6-Count	<i>Also demonstrate ONE unarmed application with partner</i>
Semi-Free 2 (1x1 min)	<i>Attack: Roundhouse and push kicks only Defence: Check, Scoop. ~ Must be performed at a pace where defender is programming muscle memory.</i>
Self Defence	<i>Head Lock - to the side (both sides) (Prepare TWO defences)</i>

Progress Check 3

Jab (adv), Cross, Lead Hook, Step across with lead leg, Back Thrust	<i>Change stance each time</i>
Self Defence	<i>Head Lock - to side with punches (both sides) (Prepare TWO defences)</i>
Revise: All Previous Levels	

Grading: Physical Component:

Push-ups	30
Sit-ups	30
Squats	30
Thai Pads	2x3 min round

Belt Theme: DETERMINATION

“Never give up, never, never, give up.” Winston Churchill (British Politician)

Sometimes martial arts training can become very difficult. Sometimes you might even feel overwhelmed by the amount and difficulty of the required material. That is normal and we all go through that feeling. Remember that tough times are a test of your character - what are you really made of? Decide to become proficient in all aspects of your training. Just that decision alone will make a big difference.

“The difference between the impossible and the possible lies in your determination.”