

YOUNG ADULTS - ORANGE

Level Notes:

Practical drills now focus on kicking defence. You will require shin guards.

For your partner and your own safety, shin guards must meet certain requirements.

The team at the front counter are more than happy to help with correct shin guard selection.

Progress Check 1

Outer Crescent Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Side Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Hopping Push Kick (Rear)	<i>Advancing - Change stance after every kick</i>
Muay Thai Drill: Check	<i>Partner tells you what side they are kicking with. Defend with correct technique, remain balanced.</i>
Self Defence	<i>Single throat grab - front (Prepare TWO defences - No takedowns)</i>

Progress Check 2

Twisting Kick	<i>1. Stationary alternating - Rear first 2. Advancing 3. Both stances</i>
Switch Knee	<i>Perform in air and on pads. Ensure footwork is clean and using hips.</i>
Hopping Front Kick (Lead Leg)	<i>Change stance after every kick</i>
Defence Drill: Basic Punches	<i>With a partner. Defend against opponents Jab, Cross, Hook and Uppercut at a moderate pace</i>
Self Defence	<i>Double throat grab - front (Prepare TWO defences - No takedowns)</i>

Progress Check 3

Kick Defence Drill: Scoops	<i>With a partner. Opponent uses push kicks, use scoops and side stepping</i>
Revise: All Previous Levels	
Student Creed: First Sentence	<i>I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.</i>

Grading: Physical Component:

Push-ups	20
Sit-ups	20
Squats	20

Belt Theme: SELF BELIEF

To achieve any goal in life, you must truly believe that you are going to be successful. If you do not, you are likely to fail. We start creating beliefs as soon as we are born and sometimes these are a result of what others have said or taught us. As we progress through life, we continue to create new beliefs and change old ones. If we believe we are likely to fail, our subconscious mind will get to work to create actions which support this.

On the other hand if we believe we are going to succeed, then we probably will. Remember that you are unique and one of a kind. In all the world's history and in the future to come, there will never be another you!

The obstacle is the path - Zen Proverb