

YOUNG ADULTS - PROBATION 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:

35x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Iron Horse	<i>Right Side (1-4)</i>	
Jumping Side Kick	<i>Take-off and kick with same leg.</i>	<i>Change stance after every kick.</i>
Snaking Arms Drill	<i>Basic Muay Thai clinch. No Knees. Don't just rip on partners neck. ASK If unsure of technique.</i>	
C-Grip Blocking	<i>(1-4) Primary block first then wrist control</i>	
Self Defence	<i>Single Clip (Figure-4 from outside)</i>	<i>TWO prepared defences</i>

Progress Check 2

Iron Horse	<i>Right Side (5-9)</i>		
Turning Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>		
Lock Flow (1-6)	<i>1. Knife Hand Wrist Lock</i>	<i>4. Chicken Wing Lock</i>	
	<i>2. Overhook Praying Armbar</i>	<i>5. Bicep Press</i>	
	<i>3. Butterfly Wrist Lock</i>	<i>6. Goose Neck</i>	
C-Grip Blocking	<i>(5-7) Primary block first and then wrist control.</i>		
Self Defence	<i>Double Clip (Figure-4 from inside)</i>	<i>TWO prepared defences</i>	

Progress Check 3

Dble Jab (adv) - (Step Rear Leg 45 & Cover) - Lead Body Rip - Lead Head Hook - Rear Hook - Lead U/Cut - Rear Head Hook

Random Testing *Specifically: White - Pro-Orange*

Grading: Physical Component:

Push-ups	50
Sit-ups	50
Squats	50
Thai Pads	3x3 min round
Sparring	2x3 min round

Belt Theme: FOCUS

The ability to concentrate on something specific and block out distractions.

The three rules of concentration are :

- Focus your eyes
- Focus your mind
- Focus your body

What you focus on determines your outcome. Focus on problems and you will have more of them. Focus on weaknesses and they will grow. Focus on solutions and you will find them. Focus on strengths and you will become stronger. Focus is crucial in martial arts training whether it be in class, at a grading, or during a street attack. When a martial artist is focused, their mind and body operate in harmony, allowing maximum effectiveness.