

YOUNG ADULTS - PROBATION 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. Rounds start at this level and are a requirement to pass your grading. They may consist of sparring, pad work, BJJ, etc. but must always have a partner with you to make sure you are pushing yourself and developing your technique.

Round Requirements:

5x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Back Hook Kick	<i>Change stance after each kick</i>
Ducking Technique	<i>Perform shadow boxing to get technique right.</i>
Thai Pad Combo 3	<i>Jab, Lead Hook, Cross</i>
Thai Pad Combo 4	<i>Push Kick (lead leg), Jab, Cross</i>
Redonda 4-Count	<i>Also demonstrate ONE unarmed application with partner</i>
Self Defence	<i>Push to chest / shoulder (2 pushes) a) Single arm (Prepare TWO defences) b) Double (Prepare TWO defences)</i>

Progress Check 2

Hopping Inner Crescent Kick (Lead Leg)	<i>Change stance after every kick</i>
Jab, Cross, Switch Knee, Dwd elbow	<i>Demonstrate in shadow boxing and on padwork</i>
6 Strike Combo	<i>Instructor will be looking for fluency and a well drilled combo.</i>
Boxing Sparring Drill:	<i>Ducking Drill - Duck rear and lead hooks. Performed at a slow to moderate pace. ~ Balance, rhythm and technique is more important than doing it fast.</i>
Dynamic Self Defence	<i>Against Push kick. Prepare 2 defences</i>

Progress Check 3

Boxing Padwork Drill:	<i>Pad holder throws rear hook: Duck and counter rear body hook, lead hook, cross. Pad holder throws lead hook: Duck and counter lead body rip, cross, lead hook.</i>
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Revise: All Previous Levels

Grading: Physical Component:

Push-ups	30
Sit-ups	30
Squats	30
Thai Pads	1x3 min round

Belt Theme: COURAGE

“True courage is not fearlessness, it’s overcoming fear.”

Courage is commonly thought of as the ability to face insurmountable odds without a hint of fear. More accurately however, courage is doing the right thing, even when it’s not popular. It is about feeling the fear but doing it anyway. It’s facing new challenges with your head up and your eyes focused. Courage plays an important role in martial arts training. It takes courage to perform in front of your peers or at a grading, attempt a difficult kick, or to spar with a tough classmate. Through these little acts of courage, our confidence grows and we are able to accept even greater challenges.

“What would life be if we didn’t have the courage to attempt anything?” - Vincent Van Gogh