

YOUNG ADULTS - R&D

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:

30x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Retreating Front Kick	<i>Take-off and kick with same leg.</i>	<i>Change stance after every kick.</i>
Jab, Cross, Switch R/House Low, Monitor, \Low R/House (R) to legs		<i>(Drill with partner)</i>
Amara (5-6)	<i>Filipino stick-fighting combinations</i>	
Demonstrate	<i>5 Chokes</i>	
Self Defence	<i>Full Nelson (Prepare TWO defences)</i>	

Progress Check 2

Retreating Roundhouse Kick	<i>Take-off and kick with same leg.</i>	<i>Change stance after every kick.</i>	
Jab, Cross, Lead Hook, Rear R/house (land fwd and across body), Hopping Side Kick (lead)	<i>Both Stances</i>		
Jab (advancing) – Hopping Side Kick (lead leg) – Back Thrust	<i>Change stance after every combination</i>		
Amara (7)	<i>Filipino stick-fighting combinations</i>		
Shadow Boxing	<i>1x1 min of</i>	<i>1) Circular Footwork</i>	<i>2) Defences</i>
Self Defence	<i>Half Nelson with rear head lock (Prepare TWO defences)</i>		

Progress Check 3

Random Testing: 12 Combos	<i>Random testing on previously taught Thai Pad combos</i>		
Shadow Boxing	<i>1x1 min of</i>	<i>1) 8 Angles</i>	<i>2) Clinch</i>
Revise: All Previous Levels			

Grading: Physical Component:

Push-ups	45
Sit-ups	45
Squats	45
Thai Pads	3x3 min round
Sparring	2x3 min round

Belt Theme: PERSEVERANCE

“Press on. Nothing can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; the world is full of educated derelicts. Perseverance and determination alone are omnipotent.” - John Calvin Coolidge - 30th President of the United States

To persevere is to maintain your best effort, in spite of whatever hardships you may face.

To persevere in your martial arts training is to maintain 100% effort in the face of extreme physical and / or mental stress.

Perseverance is a vital part of achieving black belt and your set goals.