

**BLUE**  
**(Sixth Belt/Grade)**

**Minimum Training Time:**  
***4 Months (16 Weeks)***

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**Technical Requirements:**  
**(All Techniques Performed in Both Stances)**

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**Basic Punches**

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| 1. (Moving Around) Cross<br>– Jab               | 5. Jab<br>– Cross |
| 2. Lifting Uppercut [FA]                        | – Uppercut        |
| 3. Hook [BA]<br>– Lifting Uppercut [FA]         | – Uppercut        |
| 4. (Moving Around) Jab<br>– Uppercut [Same Arm] | – Double Jab      |
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**Basic Kicks**

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|--------------------------------|--------------------------------|
| 1. Hook Kick [BL]              | 4. Hook Kick (Head) [FL]       |
| 2. Spinning Hook Kick          | 5. Inverted Crescent Kick [FL] |
| 3. Inverted Crescent Kick [BL] | 6. Back Kick [FL]              |
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**Combinations**

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|--|---|
| 1. Sliding Side Kick [FL]<br>– Hook Kick<br>[Same Leg]<br>– Back Fist<br>– Cross<br>– Uppercut | 4. Jumping Front Kick [FL]<br>– Jumping Roundhouse Kick [BL]<br>– Spinning Hook Kick<br>– Back Fist<br>– Hook |
| 2. Double Jab [Travelling]<br>– Side Kick [FL]<br>– Cross<br>– Back Fist                       | 5. Jab<br>– Hook<br>– Jab<br>– Cross<br>– Front Kick [FL]<br>– Roundhouse Kick [BL]                           |
| 3. Sliding Front Kick [FL]<br>– Jab<br>– Cross<br>– Hook<br>– Hook Kick [FL]                   |   |
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## **Blocks & Counters**

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| <p><b>1. Clockwise Evasion</b><br/>{Counter Hook (Head) [FA]<br/>– Uppercut [BA]}</p> <p><b>2. Side Body Block</b><br/>{Counter Hook Kick (Head) [FL]}</p> | <p><b>3. Clockwise Evasion</b><br/>{Counter Hook (Body) [BA]<br/>– Roundhouse Kick (Body) [BL]}</p> <p><b>4. Front Body Block</b><br/>{Counter Hook (Body) [BA]<br/>– Uppercut [FA]<br/>– Side Kick [FL]}</p> |
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### **Pad Work**

*(4 X 1.5 Minute Rounds)*

### **Sparring**

*Light Contact*

*(With Protective Equipment)*

**Self Defence Techniques (X 3)**

**Groundwork Techniques (X 2)**

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