

## BEGINNER LEVEL - RED BELT

### **Technical Set One - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Lead front kick to body-----> Pat down with lead hand  
Left jab to head-----> Slip to right, parry with right hand  
Right cross to head-----> Slip to left, parry with left hand  
Left hook to head-----> Slip to left and roll underneath  
Lead round kick to body-----> Pat away with lead hand

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### **Technical Set One - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Lead front kick to body-----> Lead hand pad faced down  
Left jab to head-----> Left hand pad upright  
Right cross to head-----> Right hand pad upright  
Left hook to head-----> Left hand pad turned inwards  
Lead round kick to body-----> Left hand pad angled diagonally downwards

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### **Notes**

The first routine is relatively simple but should not be rushed. Try to take your time when learning the evasion routine, all punches and kicks should be performed steadily and with control. Try not to pause or hesitate too much between moves, find a rhythm that best showcases your overall technique. When confident feel free to speed up a little (especially on the focus pads), remember that you have to be a good pad holder as well as an attacker.

## BEGINNER LEVEL - YELLOW BELT

### **Technical Set Two - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Lead axe kick to head-----> Step back (evade)  
Left jab to head-----> Slip to right, parry with right hand  
Right uppercut to body-----> Lead forearm block (elbow to hip)  
Left hook to head-----> Lean back (evade)  
Right cross to head-----> Slip to left, parry with left hand  
Rear round kick to thigh-----> Lead knee raise

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### **Technical Set Two - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Lead axe kick to head-----> Both pads faced upwards  
Left jab to head-----> Left hand pad upright  
Right uppercut to head-----> Right hand pad faced down  
Left hook to head-----> Left hand pad turned inwards  
Right cross to head-----> Right hand pad upright  
Rear round kick to body-----> Both pads upright to left

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### **Notes**

Don't worry if you can't execute an axe kick to head height, the upper body will be fine. However, as you progress you will find that your flexibility will improve and your high kicks will become easier to perform. Make sure that the rear round kick to the thigh is controlled, especially if you do not yet possess safety boots and shin guards. Please note that the uppercut is to the body in the evasion routine but to the head on the pad work, this is to make the pad routine faster and easier for the pad holder to perform at beginner level.

## BEGINNER LEVEL - ORANGE BELT

### **Technical Set Three - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head-----> Slip to right, parry with right hand  
Right cross to head-----> Slip to left, parry with left hand  
Left hook to head-----> Right forearm block  
Lead crescent kick-----> Lean back (evade)  
Lead scissor front kick-----> Step back (evade)  
Left hook to head-----> Slip to left and roll underneath  
Right bowler punch to head -----> Lean to right and left forearm block

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### **Technical Set Three - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Left jab to head-----> Left hand pad upright  
Right cross to head-----> Right hand pad upright  
Left hook to head-----> Left hand pad turned inwards  
Lead crescent kick-----> Right hand pad turned inwards  
Lead scissor front kick-----> Step back, both pads faced downwards  
Left hook to head-----> Left hand pad turned inwards  
Right bowler punch to head-----> Right hand pad angled diagonally upwards

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### **Notes**

This routine is the first to include a jumping kick, please ensure that you kick with the correct leg and do not lean back whilst you jump as you may fall. There are one or two punches thrown at head height which you must block, it is imperative that you throw these with absolute control, the use of excessive power may result in you failing your grading. Twists and pivots are also essential when crossing, hooking or executing bowler punches. As this is the last of the beginner level routines you must show a good understanding of all the techniques performed.

## INTERMEDIATE LEVEL - GREEN BELT

### **Technical Set Four - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head-----> Slip to right, parry with right hand  
Advancing left jab to head-----> Step back, slip to right, parry with right hand  
Right cross to body-----> Take punch to body  
Right forearm block<----- Left hook to head  
Slip to right and roll underneath<----- Right hook to head  
Left hook to head-----> Lean back (evade)  
Lead side kick to body-----> Take kick to body  
Spinning side kick to body<-----> Right hook to head, take kick to body

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### **Technical Set Four - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Left jab to head-----> Left hand pad upright  
Advancing left jab to head-----> Step back, left hand pad upright  
Right cross to body-----> Take punch to body  
Right forearm block<----- Left hook to head  
Slip to right and roll underneath<----- Right hook to head  
Left hook to head-----> Left hand pad turned inwards  
Lead side kick to body-----> Both pads facing forwards on lead hip  
Spinning side kick to body-----> Both pads facing forwards on lead hip

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### **Notes**

This is the first intermediate level routine and the first to include back and forth attack and defence (please note the arrows indicating the direction of attack), it is also the first to include a spinning technique. Extra care must be taken when performing the spinning side kick as carelessness may result in you injuring your partner or yourself. Again, control is required with body contact. Note that the defender throws a right hook during the evasion but not on the pads, this is due to both pads being required for receiving the final spinning kick.

## INTERMEDIATE LEVEL - BLUE BELT

### **Technical Set Five - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head----->	Slip to right (evade)
Right cross to head----->	Slip to left (evade)
Left jab to head----->	Slip to right (evade)
Take kick to body<-----	Lead round kick to body
Jumping rear round kick to head----->	Step and turn 90° to the right
Lead knee raise<-----	Rear round kick to thigh
Left hook to head----->	Lean back (evade)
Spinning back fist follow through-----	Lean back (evade)
Lead back fist to head----->	Slip to right, parry with right hand
Take kick to body<-----	Rear sickle kick to body

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### **Technical Set Five - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Pad Holder**

Left jab to head----->	Left hand pad upright
Right cross to head----->	Right hand pad upright
Left jab to head----->	Left hand pad upright
Take kick to body<-----	Lead round kick to body
Jumping rear round kick to head----->	Step and turn 90°, both pads upright to left
Lead knee raise<-----	Rear round kick to thigh
Left hook to head----->	Left hand pad turned inwards
Spinning back fist follow through----->	Left hand pad turned inwards
Lead back fist to head----->	Right hand pad turned inwards
Take kick to body<-----	Rear sickle kick to body

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### **Notes**

When throwing the jumping rear round kick make sure that you land in the right stance, your partner will have stepped 90 degrees to the right (still facing you in a left stance), therefore by simply turning your upper body you should also now be facing them back in your left stance. Kicks to the body should be controlled but performed with enough speed to look realistic. The spinning back fist follow through requires lots of practice to perform at the high level required with this set.

## INTERMEDIATE LEVEL - PURPLE BELT

### **Technical Set Six - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head----->	Slip to right, parry with right hand
Take punch to body<-----	Left jab to body
Take punch to body<-----	Right hook to body
Lean back (evade)<-----	Left hook to head
Pat away with lead hand<-----	Lead round kick to head
Lead front kick to body----->	Arch body (evade)
Left jab to head----->	Cover and block
Right cross to head----->	Cover and block
Left hook to body----->	Right forearm block
Right hook to body----->	Left forearm block
Roll and advance forwards<-----	Wild right hook to head
Turn, right leg hook kick----->	Lean back (evade)

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### **Technical Set Six - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Pad Holder**

Slip to right, parry with right hand<-----	Left jab to head
Left jab to body----->	Take punch to body
Right hook to body----->	Left hand pad low, turned outwards
Left hook to head----->	Left hand pad high, turned inwards
Lead round kick to head----->	Left hand pad angled diagonally downwards
Arch body (evade)<-----	Lead front kick to body
Cover and block<-----	Simulated left jab to head
Cover and block<-----	Simulated right cross to head
Right forearm block<-----	Simulated left hook to body
Left forearm block<-----	Simulated right hook to body
Wild right hook to head----->	Roll and advance forwards
Turn, right leg hook kick----->	Left hand pad angled diagonally upwards

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### **Notes**

In the evasion routine the defender throws a wild hook and the attacker finishes with the right leg hook kick whereas in the pad routine the attacker throws both the wild right hook and the right leg hook kick. This is to give the attacker more to do on the pads whilst still having to defend all the contact work.

## ADVANCED LEVEL - BROWN BELT

### **Technical Set Seven - Evasion** (Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head-----	> Slip to right, parry with right hand
Right cross to head -----	> Slip to left, parry with left hand
Right cross to head -----	> Slip to left, parry with left hand
Left hook to head-----	> Lean back (evade)
Lead back fist to head-----	> Slip to right, parry with right hand
Lead leg sweep-----	> Lead knee raise (evade)
Lead axe kick-----	> Lean back (evade)
Rear leg sweep-----	> Lead knee raise (evade)
Rear side kick (stepping into right stance)-----	> Step back (into right stance)
Take kick to body<-----	Lead round kick to body
Lead round kick to body-----	> Take kick to body
Take kick to body<-----	Lead round kick to body
Step back to left stance (evade)<-----	Rear round kick upper body/head (to left stance)
Rear round kick high (receive sweep)<-----	> Dragon sweep to supporting leg

### **Technical Set Seven - Pad Work** (Both Students in Left Fighting Stance)

#### **Attack**

#### **Pad Holder**

Left jab to head-----	> Left hand pad upright
Right cross to head -----	> Right hand pad upright
Right cross to head -----	> Right hand pad upright
Left hook to head-----	> Left hand pad high, turned inwards
Lead back fist to head-----	> Right hand pad high, turned inwards
Lead leg sweep-----	> Lead knee raise (evade)
Lead axe kick-----	> Both pads faced upwards
Rear leg sweep-----	> Lead knee raise (evade)
Rear side kick (stepping into right stance)-----	> Step back (into right stance), pads on lead hip
Take kick to body<-----	Lead round kick to body
Lead round kick to body-----	> Right hand pad angled diagonally downwards
Take kick to body<-----	Lead round kick to body
Step back to left stance (evade)<-----	Rear round kick upper body/head (to left stance)
Rear round kick high (receive sweep)<-----	> Dragon sweep to supporting leg (right pad high)

#### **Notes**

This routine introduces sweeps, inside, outside and the dragon sweep. All three are to be aimed below the calf. When executing the kicks to the body ensure that you use full control to avoid injury. Also, timing is crucial for both evasion and pads when throwing the dragon sweep below the rear round kick at the end of the routine.

## ADVANCED LEVEL - BLACK BELT EVASION

### **Technical Set Eight - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Lead hook kick to head----->	Lean back (evade)
Lead round kick to head----->	Pat away with lead hand
Lean back (evade)<-----	Spinning crescent kick to head
Spinning crescent kick to head----->	Lean back (evade)
Right cross to head----->	Slip to left, parry with left hand
Lead uppercut to head----->	Lean back (evade)
Right cross to head----->	Slip to left, parry with left hand
Left hook to head----->	Lean back (evade)
Left hook to head----->	Lean back (evade)
Left forearm block (step back to right stance)<-----	Right hook to head (step into right stance)
Right forearm block<-----	Left hook to body
Rear front kick (step forwards to left stance)----->	Pat down with lead hand (step back to left stance)
Rear round kick low----->	Block with left hand low
Rear round kick high----->	Block with right hand high
Step back (evade)<-----	Lead push kick (advancing)
Step to left (evade)<-----	Superman punch (advancing)

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### **Evasion Notes**

This routine is best performed at a fast pace, therefore you will be required to learn it off by heart. With back and forth attack and defence you will have to be precise with your techniques and your targeting. Practice the lead hook kick, the spinning crescent kick and the flash kick (double rear round kick) individually and pay special attention to the superman punch finale.

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## ADVANCED LEVEL - BLACK BELT PAD WORK

### **Technical Set Eight - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Pad Holder**

Lead hook kick to head----->	Right hand pad high, diagonally upwards
Lead round kick to head ----->	Left hand pad high, diagonally downwards
Lean back (evade)<-----	Spinning crescent kick to head
Spinning crescent kick to head----->	Left hand pad high, turned inwards
Right cross to head----->	Right hand pad upright
Lead uppercut to head----->	Left hand pad faced down
Right cross to head----->	Right hand pad upright
Left hook to head----->	Left hand pad high, turned inwards
Left hook to head----->	Left hand pad high, turned inwards
Left forearm block (step back to right stance)<-----	Simulated right hook to head (step into right stance)
Right forearm block<-----	Simulated left hook to body
Rear front kick (step forwards to left stance)----->	Left hand pad faced down (step back to left stance)
Rear round kick low----->	Left hand pad low, faced outwards
Rear round kick high----->	Right hand pad high, diagonally downwards
Step back (evade)<-----	Lead push kick (advancing)
Step to left (evade)<-----	Superman punch (advancing)

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### **Pad Work Notes**

When attacking pads you will obviously need to demonstrate a high level of accuracy, control and sharp delivery of your techniques. Pad holders will also be watched closely to ensure that all pad positions are correct during the entire routine and that the last two moves, the lead push kick and superman punch, are performed with absolute precision. You and your partner must work as a single unit to ensure the best possible interpretation of the black belt routine in order to pass the examination!

## ELITE LEVEL - BLACK BELT (2ND DEGREE) EVASION

### **Technical Set Nine - Evasion Stage One** (Both Students in Right Fighting Stance)

#### **Attack**

#### **Defend**

Jab to body----->	Lead inside forearm block
Right hook to head----->	Rear outside forearm block
Lead front kick to body----->	Pat down with lead hand
Jab to head----->	Slip left and parry
Cross to head----->	Slip right and parry
Rear round kick to thigh----->	Lead knee raise
Pat down with lead hand<-----	Rear front kick (into...)
Step back (evade)<-----	Scissor instep kick (right leg)

### **Technical Set Nine - Evasion Stage Two** (Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Pat away (left hand)<-----	Lead round kick (to head)
Step back to right stance pat away (right hand)<-----	Rear round kick (into right stance)
Step back to left stance pat away (left hand)<-----	Rear round kick (into left stance)
Lean back (evade)<-----	Spinning crescent kick (to head)
Slip left and roll (evade)<-----	Spinning hook kick (to head)
Right hook to body----->	Lead outside forearm block
Left hook to head----->	Lean back (evade)
Spinning tornado kick (to head)----->	Step back (evade)

### **Technical Set Nine - Evasion Stage Three** (Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Slip right and parry<-----	Jab to head
Lead round kick to body----->	Take kick
Lead side kick to body----->	Take kick
Right hook to head----->	Lead outside forearm block
Slip left and parry<-----	Cross (to head)
Lean back (evade)<-----	Left uppercut (to head)
Slip left and parry<-----	Cross (to head)
Left hook to head----->	Rear outside forearm block
Slip left and roll (evade)<-----	Left hook (to head)
Slip left and parry<-----	Cross (to head)
Slip left and roll (evade)<-----	Left hook (to head)
Wild right hook to head----->	Lean back (evade)
Take kick<-----	Jump spinning kick (into right stance)
Take kick<-----	Regular spinning side kick (to body)

## ELITE LEVEL - BLACK BELT (2ND DEGREE) PAD WORK

### **Technical Set Nine - Pad Work Stage One** (Both Students in Right Fighting Stance)

#### **Pad Holder**

#### **Attacker**

Jab to body-----	> Lead inside forearm block
Right hook to head (using face of pad)-----	> Rear outside forearm block
Lead front kick to body-----	> Pat down with lead hand
Jab to head-----	> Slip left and parry
Cross to head-----	> Slip right and parry
Rear round kick to thigh-----	> Lead knee raise
Lead hand pad faced down<-----	Rear front kick (into...)
Lead hand pad high<-----	Scissor instep kick (right leg)

### **Technical Set Nine - Pad Work Stage Two** (Both Students in Left Fighting Stance)

#### **Pad Holder**

#### **Attacker**

Lead hand pad angled<-----	Lead round kick (to head)
Step back to right stance lead hand pad angled<-----	Rear round kick (into right stance)
Step back to left stance lead hand pad angled<-----	Rear round kick (into left stance)
Lead hand pad high<-----	Spinning crescent kick (to head)
Lead hand pad high<-----	Spinning hook kick (to head)
Right hook to body (using face of pad)-----	> Lead outside forearm block
Left hook to head-----	> Lean back (evade)
Spinning tornado kick (to head)-----	> Step back (evade)

### **Technical Set Nine - Pad Work Stage Three** (Both Students in Left Fighting Stance)

#### **Pad Holder**

#### **Attacker**

Lead hand pad high<-----	Jab to head
Lead round kick to body-----	> Take kick
Lead side kick to body-----	> Take kick
Right hook to head (using face of pad)-----	> Lead outside forearm block
Rear hand pad high<-----	Cross (to head)
Lead hand pad faced down<-----	Left uppercut (to head)
Rear hand pad high<-----	Cross (to head)
Left hook to head (using face of pad)-----	> Rear outside forearm block
Lead hand pad turned inwards<-----	Left hook (to head)
Rear hand pad high<-----	Cross (to head)
Lead hand pad turned inwards<-----	Left hook (to head)
Wild right hook to head-----	> Lean back (evade)
Take kick<-----	Jump spinning kick (into right stance)
Both pads resting on lead hip<-----	Regular spinning side kick (to body)