

Yellow Belt



Boxing Stance **Guards**

Punches

- 1) Front Jab & Double Jab
 - 2) Left & Right Crosses
 - 3) Left & Right Hooks (Low & High)
 - 4) Upper Cuts
- (All followed up punches or kicks)

Kicks

- 1) Front snap Kick
 - 2) Side Kick
 - 3) Round Kick
 - 4) Turn Side Kick
- (All followed up with Punches)

Heavy Bag & Speed Bag **Mitt Work**

Shadow Boxing

(Alone & with opponent)

Ring Work

(With Contact, Movement, & Counter Punching)