

Blue Belt



All earlier Belts requirements

Techniques performed with stronger power and balance.

Punches

- 1) Front Jab & Double Jab
 - 2) Left & Right Crosses
 - 3) Left & Right & *Double Hooks*
 - 4) Upper Cuts
 - 5) Back fist & Spinning Back fist
- (All followed up punches or kicks)

Kicks

- 1) Front snap Kick
 - 2) Side Kick
 - 3) Round Kick,
 - 4) Turn Side Kick
 - 5) Hook Kick
 - 6) F / Leg sweep (Guard sweep)
 - 7) Sweeping opponents Front leg
 - 8) *Spinning Crescent*
 - 9) *Spinning Hook*
 - 10) *Double Round*
- (All followed up with Punches & Kicks)

Heavy Bag & Speed Bag

Mitt Work

Working drop & pop up with punches
Side to side with counter punching

Shadow Boxing

(Alone & with opponent using all techniques)

Ring Work

(With Contact, *Improved* Movement, & Counter Punching skills)