

# Red Belt



## All earlier Belts requirements

Techniques performed with stronger power and balance, increase stamina and endurance.

## Punches

- 1) *Work out of corners* ( combinations & movement )
- 2) Working off the rope Kick & punches

## Kicks

- 1) Work on all jump spin kicks
- 2) *Spinning Heel kick*
- 3) *Add same leg round kick to all kicks*

## Heavy Bag

*Start kicking drills* ( 10 of each kick )

## Mitt Work

Side to side with counter punching

## Shadow Boxing

( Alone & with opponent using all techniques)

## Ring Work

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