

# Black 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) Jump spin kicks added control & power
- 2) Jump Spinning Heel kick
- 3) Add same leg round kick to all kicks
- 4) *Spinning Hook kick into controlled same leg round kick*

## Heavy Bag

Kicking drills ( *40 of each kick* )

## Mitt Work

Side to side with counter punching & kicking

## Shadow Boxing

( Alone & with opponent using all techniques)

## Ring Work

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