



Women's 12 week course

Working towards **BLUE** Belt



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Skills to learn - More focus on defense in BLUE belt ...

Attack	Defence - Catch/Parry and Counter
Rear Leg High Kick Spinning Back Elbow Jumping Knee Spinning Back Kick (to the Body) Continuous Mid Kicks (L/R)	Catch Mid Kick + Counter Catch Front Kick + Counter Parry Mid Kick + Counter Parry Front Kick + Counter

New stuff: Attack

High Kick



Flying Knee



Spinning Back Elbow



Spinning Back Kick (to body)



New stuff: Defense

Catch/Parry mid kick



Catch/Parry Front Kick



*What you will be assessed on for **BLUE** Attack*

Combo 1 - Jab → Rear Leg High Kick → [Block Mid-kick] → Straight Body + Left UpC + Right Cross + Left Elbow → Right Knee [push] → Superwoman

Combo 2 - Rear Leg High Kick → [Block Low Kick] → Return Low Kick → Straight Left Elbow + Right elbow → Left body → Spinning Back Elbow

Combo 3 - Left Uppercut + Cross [lean back] Cross + LHook → Right High Kick → Left Side Kick → Jumping Knee

Combo 4 - Lead Leg Front Kick → Superwoman punch → Left Body + Left Hook → Right Mid Kick → Right Low Kick → Spinning Back Kick

10 Mid-Kicks Left + **10** Mid Kicks Right

*What you will be assessed on for **BLUE** Defense + Counter*

Application 1: Catch + 1 counter

Application 2: Block + Catch + 1 counter

Application 3: Avoid + Block + Catch + 2 counters

Application 4: Avoid + 1 counter Block + 2 counters Catch + 1 counter