

Women's 12 week course

Working towards **BLUE** Belt



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

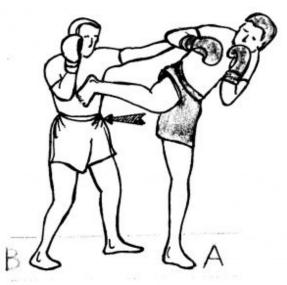
Attack	Defence - Catch/Parry and Counter
Rear Leg High Kick Spinning Back Elbow Jumping Knee Spinning Back Kick (to the Body) Continuous Mid Kicks (L/R)	Catch Mid Kick + Counter Catch Front Kick + Counter Parry Mid Kick + Counter Parry Front Kick + Counter

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 \rightarrow Rear Leg High Kick \rightarrow [Block Mid-kick] \rightarrow Straight Body + Left UpC + Right Cross + Left Elbow \rightarrow Right Knee [push] \rightarrow Superwoman

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

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

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

10 Mid-Kicks Left + 10 Mid Kicks Right

What you will be assessed on for <u>BLUE</u> <u>Defense</u> + <u>Counter</u>

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