



Women's 12 week course

Working towards **ORANGE** Belt



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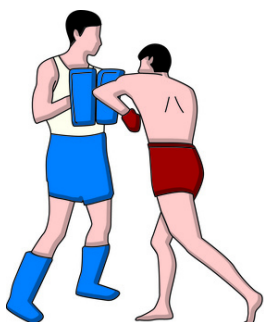
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Skills to learn

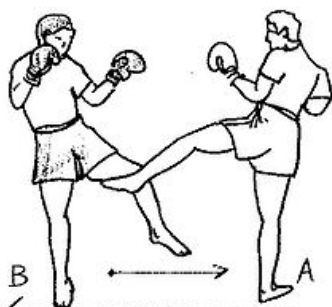
Attack	Defence - Avoid and Counter
<ol style="list-style-type: none"> 1. Overhand right (The Big Bomb) 2. Left and Right Standard Elbows 3. Lead Leg Knee 4. Lead Leg Front 5. Lead Leg inside Low Kick 6. Back Leg Mid Kick 	<p>Punch defence - Avoid and Counter Lean back, slips, duck and roll</p> <p>Kick defence - Avoid and Counter Leg slip, Slide/Lean Back</p>

New stuff:

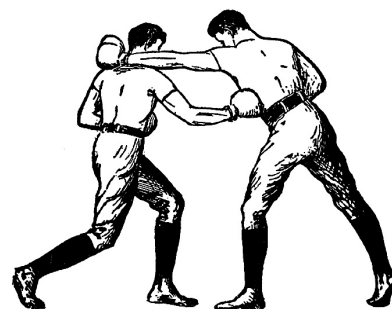
Elbows



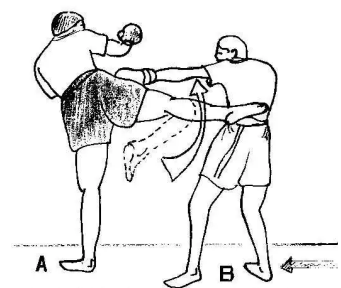
Inside Low kick



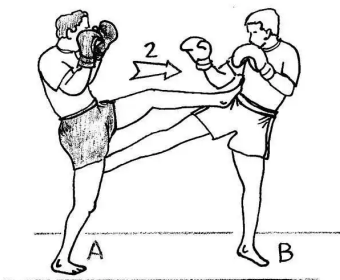
Avoid and counter: Punches/Kicks



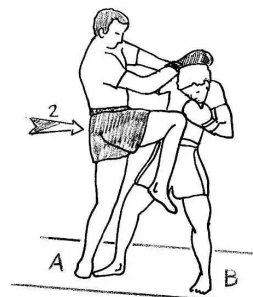
Mid-Kicks



Lead leg front kick



Lead leg knee



What you will be assessed on for orange: Attack

Combo 1 - Jab Cross + Left Elbow + Right Knee x2 + Left Hook + Right Mid Kick

Combo 2 - Left inside Low Kick + Right Elbow + Left Body + Left Upper + Cross + Left Hook + Right Mid Kick

Combo 3 - Lead leg knee + Cross + Left Elbow + Right Body + Right Uppercut + Left Hook + Right Knee x2

Combo 4 - Lead Leg Front Kick + Right Mid Kick x2 + Lead inside low + Right Cross + Left Hook + Right Low Kick

What you will be assessed on for orange: Defense + Counter

Application 1: Cross + Lean Back + Right Cross

Application 2: Slip Jab + Right Uppercut

Application 3: Slip Cross + Left Uppercut + Cross

Application 4: Roll Evade + Right Body and Roll Evade + Left Body

Orange Belt Course breakdown: Week 1 - 6 Learning

<p>Week 1</p> <p>Slips Leans Rolls</p>	<p>Round 1 - Lean Back + Cross → Slip + Left Hook → Slip + Right Uppercut → Roll + Right Body → Roll + Left Body</p> <p>Round 2 - Lean Back + Cross/Hook/Cross → Slip Hook/Cross/Hook</p> <p>Round 3 - Lean Back Cross/Hook/Cross → Slip Hook/Cross/Hook → Slip Uppercut/Hook/Cross</p> <p>Round 4 - Lean Back Cross/Hook/Cross → Slip Hook/Cross/Hook → Slip Uppercut/Hook/Cross → Roll + Right Body → Roll + Left Body</p>
<p>Week 2</p> <p>Elbows</p>	<p>Round 1 - Elbows Left and Right</p> <p>Round 2 - R Elbow + Left Body + Left UC + R Cross</p> <p>Round 3 - L Elbow + Right Body + Right UC + Left Hook + R Low Kick</p> <p>Round 4 - Front Kick → Slip LHook + R Elbow + L Elbow + Knee x2</p>
<p>Week 3</p> <p>Inside Low Kicks</p>	<p>Round 1 - Inside Low Kick</p> <p>Round 2 - Inside Low Kick + RCross + LHook + R Elbow</p> <p>Round 3 - Inside Low Kick + R Knee + LHook + R Elbow</p> <p>Round 4 - Lean Back → R Cross + Inside Low Kick + RCross + Roll Right + R Body + R UC + L Elbow + R Knee</p>
<p>Week 4</p> <p>Lead Knee Overhand Right</p>	<p>Round 1 - Lead Leg Knee (Skip first) + Overhand Right</p> <p>Round 2 - Lead Leg Knee + RCross + Left Hook + RKnee</p> <p>Round 3 - Lead Leg Knee + RElbow + Left Body + LU + RCross</p> <p>Round 4 - Lead Leg Knee + Right Knee x2 + Slip LHook + Overhand Right</p>
<p>Week 5</p> <p>Lead Front Leg slip</p>	<p>Round 1 - Leg Slip → Lead Leg front kick</p> <p>Round 2 - Leg Slip → Lead Leg front kick + RC + RElbow + LElbow + RKnee</p> <p>Round 3 - RFront Kick + LFront Kick + RKnee + Jab x2 + Cross</p> <p>Round 4 - Leg Slip → Lead Leg Front Kick + RC + Left Hook + Slip LB + Roll right + Right Body</p>

<p>Week 6</p> <p>Mid Kicks</p>	<p>Round 1 - Lean → RCross → Slip + LHook + RMid Kick</p> <p>Round 2 - Right Front Kick → Jab + Cross + LHook → RMid Kick</p> <p>Round 3 - Jab + RMid Kick → LHook + RMid Kick → Left UC + RMid Kick</p> <p>Round 4 - Jab + Mid Kick x2 (x3 x4 x5 x6)</p>
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Course Breakdown Week 7 - 12 Working towards yellow belt combos

<p>Week 7</p>	<p>AIM: COMBO 1 - Jab Cross + Left Elbow + Right Knee x2 + Left Hook + Right Low Kick</p> <p>Round 1 - Jab Cross + LEIbrow + RKnee x2</p> <p>Round 2 - Jab Cross + LEIbrow + RKnee x2 + Left Hook</p> <p>Round 3 - Jab Cross + LEIbrow + RKnee x2 + Left Hook + R Low Kick</p> <p>Round 4 - Practice Defence sequence</p>
<p>Week 8</p>	<p>AIM: COMBO 2 - Left inside Low Kick + Right Elbow + Left Elbow + Right Body + Right Uppercut + Left Hook + Right Mid Kick</p> <p>Round 1 - Left inside Low Kick + Overhand Right + Left Elbow + Right Body</p> <p>Round 2 - Left inside Low Kick + Overhand Right + Left Elbow + Right Body + Right Uppercut</p> <p>Round 3 - Left inside Low Kick + Overhand Right + Left Elbow + Right Body + Right Uppercut + Left Hook + Right Mid Kick</p> <p>Round 4 - Practice Defence sequence</p>
<p>Week 9</p>	<p>AIM: COMBO 3 - Lead leg knee + Right elbow + Left Body + Left Uppercut + Right Cross + Left Hook + Right Knee x2</p> <p>Round 1 - Lead leg knee + Right elbow + Left Body + Left Uppercut + Right Cross</p> <p>Round 2 - Lead leg knee + Right elbow + Left Body + Left Uppercut + Right Cross + Left Hook</p> <p>Round 3 - Lead leg knee + Right elbow + Left Body + Left Uppercut + Right Cross + Left Hook + Right Knee x2</p>

	Round 4 - Practice Defence sequence
Week 10	<p>AIM: COMBO 4 - Lead Leg Front Kick + Right mid Kick x2 + Lead inside low + Right Cross + Left Hook + Right Low Kick</p> <p>Round 1 - Lead Leg Front Kick + Right Mid Kick x2 + Lead inside low + Right Cross</p> <p>Round 2 - Lead Leg Front Kick + Right Mid Kick x2 + Lead inside low + Right Cross + Left Hook</p> <p>Round 3 - Lead Leg Front Kick + Right Mid Kick x2 + Lead inside low + Right Cross + Left Hook + Right Low Kick</p> <p>Round 4 - Practice Defence sequence</p>
Week 11	<p>COMBOS 1-4</p> <p>Round 1 - Jab Cross + Left Elbow + Right Knee x2 + Left Hook + Right Low Kick</p> <p>Round 2 - Left inside Low Kick + Overhand Right + Left Elbow + Right Body + Right Uppercut + Left Hook + Right Mid Kick</p> <p>Round 3 - Lead leg knee + Right elbow + Left Body + Left Uppercut + Right Cross + Left Hook + Right Mid Kick</p> <p>Round 4 - Lead Leg Front Kick + Right mid Kick x2 + Lead inside low + Right Cross + Left Hook + Right low Kick</p>
Week 12	<p>GRADING</p> <p>COMBOS + Defence sequence</p>