



Women's 12 week course

Working towards **GREEN** Belt



INSTRUCTOR Name: Simon Anderson

Mob: 07753199769

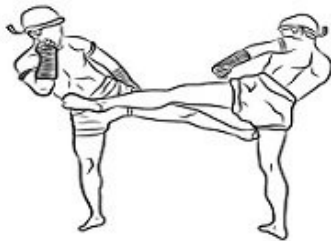
Email: simon@bramhallkickboxing.co.uk

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

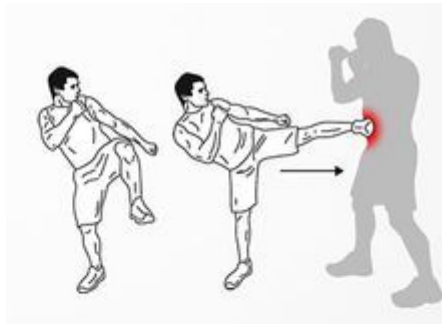
Attack	Defence - Block and Counter
<ol style="list-style-type: none"> 1. Lead Leg Mid Kick 2. Rear Side-Kick + Lead Side-Kick 3. Superwoman Punch 4. Straight Elbows L/R 	<p>Punch defence - Block and Counter</p> <p>Jab/Cross block L/R Hook block L/R Uppercut block L/R Body Shot block</p> <p>Kick defence - Block and Counter</p> <p>Inside Low Kick block Outside Low Kick block Rear Mid Kick block</p>

New stuff: Attack

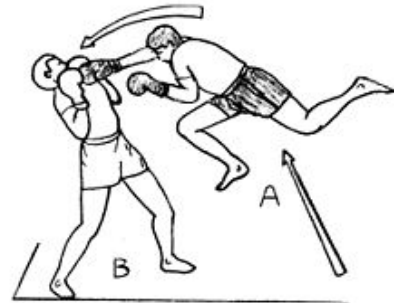
Lead leg mid kick



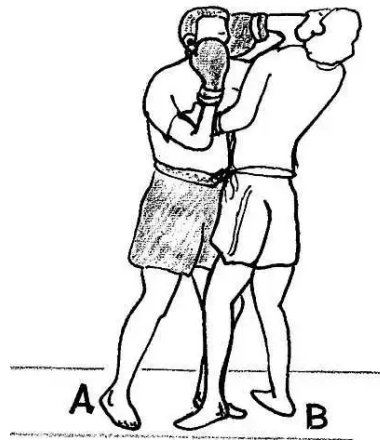
Side Kick



Superwoman punch

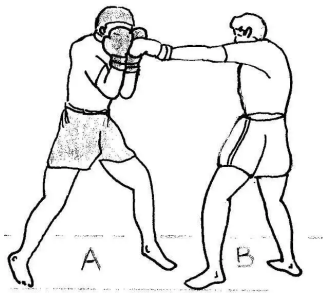


Straight Elbows L/R



New stuff: Defense

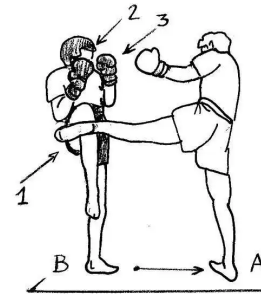
Straight shot block



Hook Block



'Checking' kicks



You'll need to get yourself a pair of shin guards

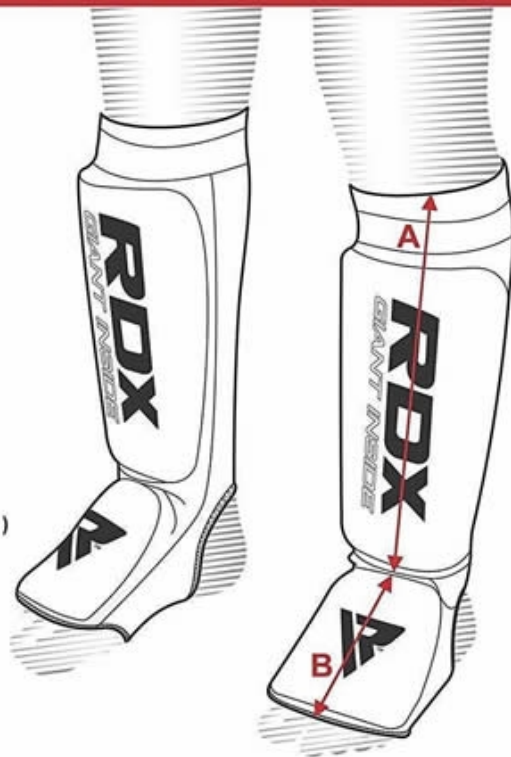
<https://rdxsports.co.uk/rdx-cow-hide-leather-mma-shin-guards/>



SIZE CHART

SIZE	SHIN LENGTH (A)	INSTEP LENGTH (B)	USER HEIGHT
S	32cm	15cm	134 - 151 cm
M	34cm	16cm	152 - 169 cm
L	36cm	17cm	170 - 180 cm
XL	38cm	18cm	180+ cm

(S & M SIZES ARE RECOMMENDED FOR UPTO 14 YEARS OF AGE)



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

Combo 1 - Lead leg front kick → Straight Right Elbow + Left Elbow → RBody + Right UC + LH → Right Mid Kick x2

Combo 2 - Right Side Kick → Straight Left Elbow + Right Elbow → LBody + Left UC + Cross + Left Hook → Right Low Kick

Combo 3 - Left Side Kick → Right Mid Kick [Slip → DW] → LBody + Right OH + Left UC + RKnee [push] → Superwoman Punch

Combo 4 - Lead Leg Mid Kick → Cross → Lead inside low → Straight body + Left UC + Cross [Lean Back] → Cross + LHook Right Low Kick

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

Application 1: Just blocks

Application 2: Blocks with 1 counter

Application 3: Blocks with 2 counters

Green Belt Course breakdown: Week 1 - 6 Learning

<p>Week 1 Block Week 1 (Punches)</p>	<p>Round 1 - Jab Cross Hook blocks</p> <p>Round 2 - Uppercut and Body Shot Blocks</p> <p>Round 3 - Block jab → Cross → Block LHook → Left Hook + Cross</p> <p>Round 4 - Block left uppercut → Right Hook → Block Left Body → L Uppercut Cross</p>
<p>Week 2 Block Week 2 (Kicks)</p>	<p>Recap - Block Cross → LHook Cross</p> <p>Recap - Block R Uppercut → L Uppercut + Cross</p> <p>Recap - Block R Body → R Uppercut + LHook + Cross</p> <p>Round 1 - Inside low kick blocks (add lead/rear leg front kick)</p> <p>Round 2 - Mid Kick Blocks + Low Kick Block</p> <p>Round 3 - Block Inside Low Kick → Right Knee (Hook → Low Kick)</p> <p>Round 4 - Low Kick Block → Cross Hook Mid Kick + Mid Kick Block → Cross Hook Low Kick</p>
<p>Week 3 (Side Kicks)</p>	<p>Recap - Block L Hook → Cross L Hook [Slip] L Hook Cross</p> <p>Recap - Block Low Kick → Block Inside Low Kick → Knee + LHook + R Mid Kick</p> <p>Round 1 - Rear Side Kick</p> <p>Round 2 - Lead Side Kick</p> <p>Round 3 - Block Right Mid Kick → Rear Side Kick → Left Knee + Cross + L Elbow + R Knee</p> <p>Round 4 - Lead Side Kick → Mid Kick → Jab + LHook → Low Kick</p>
<p>Week 4 (Superwoman punch)</p>	<p>Recap - Block Low Kick → Rear Side Kick [THEN] Block Mid Kick → Counter Mid Kick [THEN] Block Inside Low Kick → Right Elbow + Left Elbow</p> <p>Recap - Catch Cross + Block Hook + Block Left Body + Block Left Uppercut → Left UC + Cross + LHook → Mid Kick x 2</p> <p>Round 1 - Superwoman punch [learn]</p>

	<p>Round 2 - Lead Leg Front Kick + Superwoman punch</p> <p>Round 3 - Rear Leg Front Kick/Right Leg Knee [leave leg in air] → Superwoman punch → Left uppercut + Cross + Left Elbow + Right Elbow x2</p>
<p>Week 5 (Lead Leg Mid Kick)</p>	<p>Recap - Free play Punch Blocks</p> <p>Recap - Free play Leg Blocks</p> <p>Recap - Superwoman punch [competition]</p> <p>Round 1 - Lead Leg Mid Kicks</p> <p>Round 2 - Lead Leg Mid Kick → Right Hook → Inside Low Kick → Cross + Left Hook → Low Kick</p> <p>Round 3 - Right Side Kick → Lead Leg Mid Kick → Right Elbow + Left Elbow → Right Body + Right Uppercut + Left Hook [slip] + Left Hook + Cross</p>
<p>Week 6 (Straight Elbows)</p>	<p>Recap - Free play Punch Blocks - Body shots</p> <p>Recap - Inside Low → Cross + Left Hook → Mid Kick [then] Lead Mid Kick → Cross + Left Hook → Low Kick</p> <p>Round 1 - Straight LEFT Elbow and Straight RIGHT Elbow</p> <p>Round 2 - Straight RIGHT Elbow → Left Elbow → Right Elbow → Straight Left Elbow → Right Elbow → Left Elbow → Straight RIGHT Elbow</p> <p>Round 3 - Left Body → Straight Right Elbow [then] Right Body → Straight Left Elbow</p> <p>Round 4 - Straight Right Elbow + Left Elbow → Right Body + Straight Left Elbow + Right Elbow → Left Body + Left Uppercut → Mid Kick</p>

Course Breakdown Week 7 - 12 Working towards green belt combos

<p>Week 7</p>	<p>AIM: COMBO 1 - Lead leg front kick → Straight Right Elbow + Left Elbow → RBody + Right UC + LH → Right Mid Kick x2</p> <p>Blocks Round 1 - Block Jab + Cross + Left Hook + Right Hook</p> <p>Blocks Round 2 - Block Jab → Cross [then] Block Cross → Left Hook + Cross [then] Right Hook Block → Left Hook [slip] → Left Hook + Cross</p> <p>Round 1 - Lead leg front kick → Straight Right Elbow + Left Elbow</p> <p>Round 2 - Lead leg front kick → Straight Right Elbow + Left Elbow → RBody + Right UC + LH</p> <p>Round 3 - Lead leg front kick → Straight Right Elbow + Left Elbow → RBody + Right UC + LH → Right Mid Kick x2</p>
<p>Week 8</p>	<p>AIM: COMBO 2 - Right Side Kick → Straight Left Elbow + Right Elbow → LBody + Left UC + Cross + Left Hook → Right Low Kick</p> <p>Blocks Round 1 - Block Left UC + Block RUC + Block Left Body + Block Right Body</p> <p>Blocks Round 2 - Block Left UC → Straight Right Elbow [then] Block Right Body → Right UC + Left Hook + Cross</p> <p>Round 1 - Right Side Kick → Straight Left Elbow + Right Elbow</p> <p>Round 2 - Right Side Kick → Straight Left Elbow + Right Elbow → LBody + Left UC + Cross + Left Hook</p> <p>Round 3 - Right Side Kick → Straight Left Elbow + Right Elbow → LBody + Left UC + Cross + Left Hook → Right Low Kick</p>
<p>Week 9</p>	<p>AIM: COMBO 3 - Left Side Kick → Right Mid Kick [Slip → DW] → LBody + Right Straight Elbow + Left UC + RKnee [push] → Superwoman Punch</p> <p>Blocks Round 1 - Block Inside Low + Block Low Kick + Block Mid Kick</p> <p>Blocks Round 2 - Block Inside Low → Mid Kick [then] Block Low Kick → Right Knee → Right Mid Block → Low Kick</p> <p>Round 1 - Left Side Kick → Right Mid Kick</p>

	<p>Round 2 - Left Side Kick → Right Mid Kick [Slip → DW] → LBody + Right Straight Elbow</p> <p>Round 3 - Left Side Kick → Right Mid Kick [Slip → DW] → LBody + Right Straight Elbow + Left UC + RKnee [push] → Superwoman Punch</p>
<p>Week 10</p>	<p>AIM: COMBO 4 - Lead Leg Mid Kick → Cross → Lead inside low → Straight body + Left UC + Cross [Lean Back] → Cross + LHook Right Low Kick</p> <p>Blocks Round 1 - Block Cross → Block Left Hook → Block Low Kick → Right Knee + Left Hook → Low Kick</p> <p>Blocks Round 2 - Block Inside Low Kick → Block Cross → Block Left Body → Right UC + Left Hook → Mid Kick</p> <p>Round 1 - Lead Leg Mid Kick → Cross</p> <p>Round 2 - Lead Leg Mid Kick → Cross → Lead inside low → Straight body + Left UC + Cross [Lean Back] → Cross</p> <p>Round 3 - Lead Leg Mid Kick → Cross → Lead inside low → Straight body + Left UC + Cross [Lean Back] → Cross + LHook Right Low Kick</p>
<p>Week 11</p>	<p>COMBOS 1-4</p> <p>Round 1 - Lead leg front kick → Straight Right Elbow + Left Elbow → RBody + Right UC + LH → Right Mid Kick x2</p> <p>Round 2 - Right Side Kick → Straight Left Elbow + Right Elbow → LBody + Left UC + Cross + Left Hook → Right Low Kick</p> <p>Round 3 - Left Side Kick → Right Mid Kick [Slip → DW] → LBody + Right OH + Left UC + RKnee → Superwoman Punch</p> <p>Round 4 - Lead Leg Mid Kick → Cross → Lead inside low → Straight body + Left UC + Cross [Lean Back] → Cross + LHook Right Low Kick</p>
<p>Week 12</p>	<p>GRADING</p> <p>COMBOS + Defence sequence</p>