

JUNIOR GREEN BELT 1ST STRIPE

Basics:

Sweep Side Kick to Groin
Low Wheel, High Wheel, front leg
Jump Crossing Rear Kick
Step Spinning, Step Roundhouse Kick

Partner Sparring Drill:

To work on Set-Up 1 and 2

A. Shuffles forward, back, right, left or around the ring and when they feel like it, strikes at partner with:

Shuffle Jab High, Reverse Punch Low - or -
Shuffle Jab High, Lunge Punch Low and mix them up.

B. Follows, Mirroring and Riding the Edge of Distance, and Defends.

Person "A" works on controlling the distance, setting up opponent, disguising their attack, striking from mobile position, and initial speed and acceleration.

Person "B" works on awareness and reaction, riding the edge of distance staying in good position, and defending.

Verbal:

28. Set-up 1: Creating an opening or target to set someone up.

Set-up 2: Your awareness that someone else has created an opening or target to set you up.