

Junior Intermediate and Advanced

Combination: Back Kick

Month 1:

Start with left leg in front and hands up by chin (left guarding block)

Hop forward left front punch / right reverse punch / Step forward right foot, turning back to target/Bring left foot up into chamber, left back kick/
Right back kick

Month 2:

Start with right leg in front and hands up by chin (right guarding block)

Hop forward right front punch / left reverse punch / Step forward left foot, turning back to target/Bring right foot up into chamber, right back kick/ left
back kick

Nunchucks:

Conditional Level Form

Sticks: 1-6 Brush-Grab-Strike

Brush-Grab-Strike is done in response to attacks from 1-12 Control

Opponent – 1-12 Control	1-12 Brush-Grab-Strike
Month 1:	
1) Reference to right neck, Strike to neck	Stick reference right neck, angle to the right – slide out right leg, Brush = make an 'x', grab, strike – control
2) Clear, reference to left tricep, Strike to neck	Stick reference left tricep, angle to left – stepping out left leg, Brush = make an 'x', grab, strike – control
3) Clear, reference to right neck, Strike to ribs	Stick reference right neck, angle to the right – slide out right leg, Brush, grab, strike – control
Month 2:	
4) Clear, reference to left tricep, Strike to ribs	Stick reference left tricep, angle to left – stepping out left leg, Brush, grab, strike – control
5) Clear, reference to right neck, Poke to stomach	Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup', grab, strike - control
6) Reference to right neck, Stick end to shoulder, aim for top left of opponents chest	Stick reference right neck, angle to the right – slide out right leg, Brush = 'Stir the soup tip up', grab, strike – control

Grappling: Guard Attack

Month 1: First Half

Month 2: Second Half