



## Blue Belt 2<sup>nd</sup> Grade Syllabus REQUIREMENTS

DEMONSTRATE FROM BOTH LEFT & RIGHT STANCE

- 1.) Jab into Hook Same Hand then Short Range Cross.
- 2.) Jab then Cross followed by Lead Hand Hook then Uppercut (rear hand).
- 3.) Back Leg Front Thrust Kick Return then Long Range Knee Switch then Knee Other Leg (Thai-guard throughout).
- 4.) Inside Low Round Kick followed by Jab then Cross then Rear Leg Low Kick Other Leg.
- 5.) Jab then Cross Followed with Low Round Kick (rear leg) then Round Kick other Leg.
- 6.) Slide Forward Front Thrust Kick and Side Kick (lead leg) Follow with Jab then Cross then Rear Leg.
- 7.) Front Side Straddle Stance Slide Forward and Side Kick Twice.
- 8.) Front Kick to Front then Back Kick to Rear.
- 9.) Back Leg Crescent Kick followed by Spinning Crescent or Spinning Hook Kick and Two Punches.
- 10.) Back Leg Crescent Kick followed by Spinning Crescent or Spinning Hook Kick and Two Punches.
- 11.) Demonstrate Drop then Jab to the Body or Groin then Straighten Jab Cross to the Head.
- 12.) Single Shift Round Kick Two Straight Punches then Power Round Kick.
- 13.) Back Leg Feign Front Kick Turn into Round Kick.
- 14.) Demonstrate Step Across Round Kick.
- 15.) Demonstrate Step Up Round Kick.
- 16.) Demonstrate Double Forearm Blocks.
- 17.) Demonstrate 1<sup>st</sup> Grade with Improved Power and Speed.

18.) Demonstrate Techniques on Pads.