



Red 4th Grade Syllabus REQUIREMENTS

DEMONSTRATE FROM BOTH LEFT & RIGHT STANCE

- 1.) Six Straight Punches (long range).
- 2.) One Step Three Punches and Return.
- 3.) Two Punches Front Kick (rear leg) then Side Kick then Return.
- 4.) Two Punches Front Kick (rear leg) then Round Kick then Return.
- 5.) Two Punches Side Kick (rear leg) then Back Kick then Return.
- 6.) Two Punches Low Round Kick then Spinning Kick then Return.
- 7.) Rear Leg Crescent Kick then Reverse Round Kick.
- 8.) Demonstrate Defensive Side Kick.
- 9.) Single Shift Axe Kick Crescent Kick then Back Kick.
- 10.) Demonstrate Long Range Hook then Round Kick.
- 11.) Lead Inside Round Kick followed by Overhand Bolo Punch.
- 12.) Double Palm Strike followed by Two Punches.
- 13.) Double Palm Strike followed by Head Butt.
- 14.) Lead Palm Strike into Thai Spinning Elbow Various Angles.
- 15.) Demonstrate All Blocks Learnt.
- 16.) Demonstrate 1st 2nd and 3rd Grade with improved Techniques.
- 17.) Demonstrate Techniques on Pads or Punch Bags