

ADVANCED LEVEL - BLACK BELT EVASION

Technical Set Eight - Evasion

(Both Students in Left Fighting Stance)

Attack

Defend

Lead hook kick to head----->	Lean back (evade)
Lead round kick to head----->	Pat away with lead hand
Lean back (evade)<-----	Spinning crescent kick to head
Spinning crescent kick to head----->	Lean back (evade)
Right cross to head----->	Slip to left, parry with left hand
Lead uppercut to head----->	Lean back (evade)
Right cross to head----->	Slip to left, parry with left hand
Left hook to head----->	Lean back (evade)
Left hook to head----->	Lean back (evade)
Left forearm block (step back to right stance)<-----	Right hook to head (step into right stance)
Right forearm block<-----	Left hook to body
Rear front kick (step forwards to left stance)----->	Pat down with lead hand (step back to left stance)
Rear round kick low----->	Block with left hand low
Rear round kick high----->	Block with right hand high
Step back (evade)<-----	Lead push kick (advancing)
Step to left (evade)<-----	Superman punch (advancing)

Evasion Notes

This routine is best performed at a fast pace, therefore you will be required to learn it off by heart. With back and forth attack and defence you will have to be precise with your techniques and your targeting. Practice the lead hook kick, the spinning crescent kick and the flash kick (double rear round kick) individually and pay special attention to the superman punch finale.

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ADVANCED LEVEL - BLACK BELT PAD WORK

Technical Set Eight - Pad Work

(Both Students in Left Fighting Stance)

Attack

Pad Holder

Lead hook kick to head----->	Right hand pad high, diagonally upwards
Lead round kick to head ----->	Left hand pad high, diagonally downwards
Lean back (evade)<-----	Spinning crescent kick to head
Spinning crescent kick to head----->	Left hand pad high, turned inwards
Right cross to head----->	Right hand pad upright
Lead uppercut to head----->	Left hand pad faced down
Right cross to head----->	Right hand pad upright
Left hook to head----->	Left hand pad high, turned inwards
Left hook to head----->	Left hand pad high, turned inwards
Left forearm block (step back to right stance)<-----	Simulated right hook to head (step into right stance)
Right forearm block<-----	Simulated left hook to body
Rear front kick (step forwards to left stance)----->	Left hand pad faced down (step back to left stance)
Rear round kick low----->	Left hand pad low, faced outwards
Rear round kick high----->	Right hand pad high, diagonally downwards
Step back (evade)<-----	Lead push kick (advancing)
Step to left (evade)<-----	Superman punch (advancing)

Pad Work Notes

When attacking pads you will obviously need to demonstrate a high level of accuracy, control and sharp delivery of your techniques. Pad holders will also be watched closely to ensure that all pad positions are correct during the entire routine and that the last two moves, the lead push kick and superman punch, are performed with absolute precision. You and your partner must work as a single unit to ensure the best possible interpretation of the black belt routine in order to pass the examination!