

INTERMEDIATE LEVEL - BLUE BELT

Technical Set Five - Evasion

(Both Students in Left Fighting Stance)

Attack

Defend

Left jab to head----->	Slip to right (evade)
Right cross to head----->	Slip to left (evade)
Left jab to head----->	Slip to right (evade)
Take kick to body<-----	Lead round kick to body
Jumping rear round kick to head----->	Step and turn 90° to the right
Lead knee raise<-----	Rear round kick to thigh
Left hook to head----->	Lean back (evade)
Spinning back fist follow through-----	Lean back (evade)
Lead back fist to head----->	Slip to right, parry with right hand
Take kick to body<-----	Rear sickle kick to body

Technical Set Five - Pad Work

(Both Students in Left Fighting Stance)

Attack

Pad Holder

Left jab to head----->	Left hand pad upright
Right cross to head----->	Right hand pad upright
Left jab to head----->	Left hand pad upright
Take kick to body<-----	Lead round kick to body
Jumping rear round kick to head----->	Step and turn 90°, both pads upright to left
Lead knee raise<-----	Rear round kick to thigh
Left hook to head----->	Left hand pad turned inwards
Spinning back fist follow through----->	Left hand pad turned inwards
Lead back fist to head----->	Right hand pad turned inwards
Take kick to body<-----	Rear sickle kick to body

Notes

When throwing the jumping rear round kick make sure that you land in the right stance, your partner will have stepped 90 degrees to the right (still facing you in a left stance), therefore by simply turning your upper body you should also now be facing them back in your left stance. Kicks to the body should be controlled but performed with enough speed to look realistic. The spinning back fist follow through requires lots of practice to perform at the high level required with this set.