

## INTERMEDIATE LEVEL - GREEN BELT

### **Technical Set Four - Evasion**

(Both Students in Left Fighting Stance)

#### **Attack**

#### **Defend**

Left jab to head-----> Slip to right, parry with right hand  
Advancing left jab to head-----> Step back, slip to right, parry with right hand  
Right cross to body-----> Take punch to body  
Right forearm block<----- Left hook to head  
Slip to right and roll underneath<----- Right hook to head  
Left hook to head-----> Lean back (evade)  
Lead side kick to body-----> Take kick to body  
Spinning side kick to body<-----> Right hook to head, take kick to body

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### **Technical Set Four - Pad Work**

(Both Students in Left Fighting Stance)

#### **Attacker**

#### **Pad Holder**

Left jab to head-----> Left hand pad upright  
Advancing left jab to head-----> Step back, left hand pad upright  
Right cross to body-----> Take punch to body  
Right forearm block<----- Left hook to head  
Slip to right and roll underneath<----- Right hook to head  
Left hook to head-----> Left hand pad turned inwards  
Lead side kick to body-----> Both pads facing forwards on lead hip  
Spinning side kick to body-----> Both pads facing forwards on lead hip

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### **Notes**

This is the first intermediate level routine and the first to include back and forth attack and defence (please note the arrows indicating the direction of attack), it is also the first to include a spinning technique. Extra care must be taken when performing the spinning side kick as carelessness may result in you injuring your partner or yourself. Again, control is required with body contact. Note that the defender throws a right hook during the evasion but not on the pads, this is due to both pads being required for receiving the final spinning kick.