

INTERMEDIATE LEVEL - PURPLE BELT

Technical Set Six - Evasion

(Both Students in Left Fighting Stance)

Attack

Defend

Left jab to head-----> Slip to right, parry with right hand
Take punch to body<----- Left jab to body
Take punch to body<----- Right hook to body
Lean back (evade)<----- Left hook to head
Pat away with lead hand<----- Lead round kick to head
Lead front kick to body-----> Arch body (evade)
Left jab to head-----> Cover and block
Right cross to head-----> Cover and block
Left hook to body-----> Right forearm block
Right hook to body-----> Left forearm block
Roll and advance forwards<----- Wild right hook to head
Turn, right leg hook kick-----> Lean back (evade)

Technical Set Six - Pad Work

(Both Students in Left Fighting Stance)

Attack

Pad Holder

Slip to right, parry with right hand<----- Left jab to head
Left jab to body-----> Take punch to body
Right hook to body-----> Left hand pad low, turned outwards
Left hook to head-----> Left hand pad high, turned inwards
Lead round kick to head-----> Left hand pad angled diagonally downwards
Arch body (evade)<----- Lead front kick to body
Cover and block<----- Simulated left jab to head
Cover and block<----- Simulated right cross to head
Right forearm block<----- Simulated left hook to body
Left forearm block<----- Simulated right hook to body
Wild right hook to head-----> Roll and advance forwards
Turn, right leg hook kick-----> Left hand pad angled diagonally upwards

Notes

In the evasion routine the defender throws a wild hook and the attacker finishes with the right leg hook kick whereas in the pad routine the attacker throws both the wild right hook and the right leg hook kick. This is to give the attacker more to do on the pads whilst still having to defend all the contact work.