



Yellow Grading

Grade 1 - 4 months

2 minutes of skipping

10 x Push ups

10 x Sit ups

Padwork:

3 x 1 minute rounds (1x Focus Pad, 1 x Thai pad and 1 x Kickshield) with 30 second breaks

Combinations 1 – 4

Demonstrate kicks (both sides) and push kicks

Focus on technique