



Green Grading

Grade 2 - 4 months between – 8 months total

3 x 1 minute of skipping

2 minutes of stretching

20 x Push ups

20 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 – 6

Demonstrate all kicks and knees

Focus on technique, especially knees and leg checks

1 x 1 minute round of Shadow Boxing