



Blue Grading

Grade 3 - 4 months between – 12 months total

3 minutes of skipping

2 minutes of stretching

35 x Push ups

35 x Sit ups

Padwork:

6 x 1 minute rounds (2 x Focus Pads, 2 x Thai pads and 2 x Kickshield) with 30 second breaks and 1 minute rest between each pad type

Combinations 1 – 10 and elbows

Demonstrate all kicks and knees

Focus on technique, especially knees, elbows and defence (includes leg checks, parrys, guard and push kick defence)

2 x 1 minute round of Shadow Boxing