



## Orange Grading

Grade 5 - 6 months between – 22 months total

3 x 1.5 minutes of skipping

2 minute warm up

65 x Push ups

65 x Sit ups

### Padwork:

9 x 1.5 minute rounds (3 x Focus Pads, 3 x Thai pads and 3 x Kickshield) with 30 second breaks and 1 minute rest between each pad type

Demonstrate everything

Focus on fitness and technique

3 x 1.5 minute rounds of Shadow Boxing

3 x 1.5 minute rounds of Sparring