

Red White Stripe 7th Kyu

Punches

- Basic Punching Drills
- Slide forward jab cross, switch stance, jab cross
- Slide forward 4 punches
- Slide forward, Jab, Elbow

Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Crescent Kicks
- Spinning Kicks (down room)
- Knees

Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front kick, Left Roundhouse kick
- 2 Punches, Right Roundhouse kick, Left Front kick
- 2 Punches, Right Leg Kick
- 2 Punches, Inside Left Kick
- 2 Punches, Right Leg kick, Left knee
- 2 Punches, Left Inside Kick, Right Knee
- 2 Punches, Right Knee, Right Roundhouse Kick
- 2 Punches, Left Knee, Right Elbow
- 2 Punches, Right Roundhouse Kick, Pull back, Right Spin Kick
- 4 Punches, step across, Left Roundhouse Kick
- 4 Punches, step across, Right Roundhouse Kick
- Slide forward, 4 Punches, Right Roundhouse kick
- Slide forward, 4 Punches, Left Roundhouse kick
- Left front kick, 2 Punches, Right Roundhouse, Left Roundhouse kicks
- Left front kick, 2 Punches, Left Roundhouse, Right Roundhouse kicks
- Front Kick, Crescent Kick, Roundhouse Kick (moving forward)

- Partner Drills

Kata

- Shoshin Kata
- Shoshin Kata with partner attacking
- Straight Punch Kata

Sparring

- 6 Rounds of sparring