

Level 3 – Green Belt First Stripe

Footwork:

- Full Cut Step
- Trigger Step

Blocks:

- Pak – Larp
- Pak – Bil

Strikes:

- Side Kick
- Knees
- 2 Level Punch

Techniques:

- Weaving drill: weave right and left, under opponent's left hook and right hook
- Hand pummelling

Self defence:

- Defence against double wrist grab from above: low bon sau-inside pak sau
- Defence against shoulder push: pak sau on inside of opponent's forearm

Strike Combinations:

- Double elbow, collar tie, double knee
- Jab, cross, hook, uppercut from rear hand