



Kensho Jr Orange Belt

1. Footwork

a. Reverse (Male) triangle (also with jab)

2. Defense – Block /Cover for straight punches or hooks

3. Punches – Uppercut (with weave)

4. Kicks

a. Low Fouette

b. Med Fouette

c. Jumping Round Kick

5. Combos – 4-5 technique combos

6. Partner drills

a. Mitts – for combos and speed - Rhythm

b. Pads – for power

c. 1 for 1 sparring drills on gloves

Self-defense

1. Partner drills

a. Self-defense Techniques 1-3 with a partner

b. Wrist grabs

i. Double grab – clasp hands and step back while pulling vertically

ii. 2 on 1 grab – reach in with free hand, clasp hands and step back while pulling vertically

Weapons – Single Stick

1. Angles 1-6 (star pattern)

a. Static

b. With footwork (Triangles, step slide)

Grappling

1. Falls – from sitting position

a. Back

b. Side Fall & switch

Equipment requirement

1. Groin Protection/Cup

2. Mouth Guard

3. Boxing Gloves

4. Kali Sticks