

# ELEVATION

MARTIAL ARTS & TRAINING CENTRE

## Blue Level Syllabus

✓/ X	Technique	Description
	<b>Footwork/Stance</b>	
	Competitive Stance	<b>Key Points:</b> <ul style="list-style-type: none"> <li>• Feet shoulders width apart</li> <li>• Chin Down</li> <li>• Hands up by temple</li> <li>• Balance</li> <li>• Back heel up</li> </ul>
	Box Step	<b>Key Points:</b> <ul style="list-style-type: none"> <li>• Front Leg Leads, Back Leg follows</li> <li>• Moving left, left leg leads</li> <li>• Moving right, right leg leads</li> <li>• Maintain shoulders length between feet at all times</li> <li>• Never cross feet</li> <li>• Always stay on the balls of your feet</li> </ul>
	<b>Blocks</b>	
	Front Block (Head Guard)  For: <ul style="list-style-type: none"> <li>• Jab</li> <li>• Cross</li> </ul>	<b>Key Points:</b> <ul style="list-style-type: none"> <li>• Chin Down</li> <li>• Gloves on forehead</li> <li>• Elbows together</li> <li>• Back heel up</li> <li>• Eyes wide open</li> </ul>
	Front Block (Head Guard)  For: <ul style="list-style-type: none"> <li>• Lead Hook</li> <li>• Rear Hook</li> </ul>	<b>Key Points:</b> <ul style="list-style-type: none"> <li>• Chin Down</li> <li>• Palm to Ear</li> <li>• Elbow aligned with Nose</li> <li>• Sit (<b>EXPLAIN LATER</b>)</li> </ul>
	Leg Block	<b>Key Points:</b> <ul style="list-style-type: none"> <li>• Chin Down</li> </ul>

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## MARTIAL ARTS & TRAINING CENTRE

	For: <ul style="list-style-type: none"> <li>• Front</li> <li>• Rear</li> </ul>	<ul style="list-style-type: none"> <li>• Hands Up</li> <li>• Back foot flat</li> <li>• Back leg slightly bent</li> <li>• The blocking leg's foot is relaxed</li> <li>• Elbow outside of blocking leg</li> </ul>
	<b>Strikes</b>	
	Punches 1-6 <ol style="list-style-type: none"> <li>1. Jab</li> <li>2. Cross</li> <li>3. Lead Hook</li> <li>4. Rear Hook</li> <li>5. Lead Uppercut</li> <li>6. Rear Uppercut</li> </ol>	
	Swing Kick (Left/Right)	
	Push Kick (Left/Right)	
	<b>Combos</b>	
	Jab - Rear Swing Jab - Cross - Rear Swing Jab - Cross - Hook - Rear Swing	

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