

Green Level Syllabus

✓/X	Technique	Description
	Stance/Footwork <ul style="list-style-type: none"> • Basic • Offensive • Defensive • Box Step • Quarter turn - In/out 	
	Leg Defence <ul style="list-style-type: none"> • Front Block • Rear Block • Cross Block • Inside/Outside Block • Low/Medium/High Block • Leg Catch (Left/Right) 	
	Head Defence <ul style="list-style-type: none"> • Block punches 1-6 • Body blocks 	
	Clinch <ul style="list-style-type: none"> • Straight Knee • Round Knee • Pummeling • Collar Bicep Hold (Steering Wheel) 	
	Offence <ul style="list-style-type: none"> • Punch 1-6 • Straight Elbow (Left/Right) • Straight Knees (Left/Right) • Swing Knee • Push Kick (Low/Medium/High) • Kicks • Swing Kick (Low Medium High) • Switch Kick 	
	Combos <ul style="list-style-type: none"> • Jab - Cross - Straight Elbow • Jab - Uppercut - Hook - Rear Swing • Cross - Hook - Cross - Lead Swing 	