



Kick Tip Test: Teens & Adults

Standing Kicks

February 2018

Level	Techniques
Yellow/white to Yellow	Front Snap Kick Axe Kick Outside Swinging Kick Inside Swinging Kick Single Turning kick from guarding stance using back leg
Yellow to Yellow/black	Show 'Chamber': 10 on R leg 10 on L leg Fast in own time 2 x Turning kicks from guarding stance starting from back leg Jumping Front Snap Kick & landing with Double Punch Sliding side kick from guarding stance using back leg
Yellow/black to Blue/white	Side kick from guarding stance using back leg (Wall may be used for support)
Blue/white to Blue	Turning Kick & Side kick & Double Punch Single Hook kick from guarding stance using back leg.
Blue to Blue/black	Side Kick & hook Kick & Double Punch
Blue/black to Red/white	6 x Turning Kick & Front Foot Tornado kick (alternating legs) & Double Punch
Red/white to Red	6 x Double High Side kick (alternate legs) & Middle Reverse Back Kick & Double Punch
Red to Red/black	6 x Axe Kick, Turning Kick & Roundhouse Kicks (alternating each leg with each kick) & Double Punch
Red/black to Black/white	6 x Axe Kick to 45' Kick to Tornado Kick (back foot) to Roundhouse Kicks & Double Punch
Black/white to SMA Black belt	6 x Front Foot Turning kick, Turning kick, Front Foot Tornado Kick, Round House Kick then Turning Kick combinations. Starting from each side. (Alternating legs with each kick <u>except</u> for last Turning Kick)



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Paddle Pad Kicks

February 2018

Level	Techniques
Yellow/white to Yellow	6 x Front Snap Kick on Target Pad (fast & alternating leg each kick)
Yellow to Yellow/black	6 x Axe Kick on Target Pad (fast & alternating leg each kick)
Yellow/black to Blue/white	6 x Turning Kick on Target Pad (fast & alternating leg each kick)
Blue/white to Blue	6 x Turning Kick combinations on target pad (two kicks to the count. Switching each time)
Blue to Blue/black	6 X Turning Kick & <u>Front</u> foot Tornado Kick combinations
Blue/black to Red/white	6 X Turning Kick & <u>Back</u> foot Tornado Kick combinations
Red/white to Red	6 x Double Turning Kick (alternate legs) & Roundhouse Kick
Red to Red/black	6 x Front Foot Axe Kick, Turning Kick, Front Foot Tornado Kick & Roundhouse Kick combinations
Red/black to Black/white	6 x Front Foot Turning Kick, Turning Kick, Back Foot Tornado Kick & Roundhouse Kick combinations
Black/white to SMA Black belt	6 x Front Foot Turning kick, Turning kick, Front Foot Tornado Kick, Round House Kick then Turning Kick combinations Starting from each side. (Alternating legs with each kick <u>except</u> for last Turning Kick)



Kick Tip Test: Teens & Adults

Block Pad Kicks

February 2018

Level	Techniques
Blue/black to Red/white	<p style="text-align: center;">Block pad:</p> 6 x Side Kicks (single kicks to the count. Changing leg each time) 'Sliding' side kick may be used. Start each kick from same spot.
Red/white to Red	<p style="text-align: center;">Block pad:</p> 6 x Double Turning Kick combinations. (two kicks to the count. Switching each time). Start each kick from same spot.
Red to Red/black	<p style="text-align: center;">Block pad:</p> 6 x Side Kick and Reverse Back Kick Combinations (two kicks to the count. Switching each time). Start each kick from same spot.
Red/black to Black/white	<p style="text-align: center;">Block pad:</p> 6 x Turning Kick, Side Kick, Reverse Back Kick & Turning Kick combinations
Black/white to SMA Black belt	<p style="text-align: center;">Block pad:</p> 6x Turning Kick, Turning Kick, Side Kick, Reverse Back Kick & Turning Kick combinations

Fitness Drills:

- Before starting, check pulse and find 'normal heart rate' by:
 - a) finding pulse on neck, b) time 6 seconds c) multiply x 10 = Normal heart rate
- Push ups: Put noodle or paddle pad under your belly and keep going to the count as far as you can. Once your technique drops off due to fatigue. STOP and do floor stretching. Do not keep going because you want to keep p with someone else. This is YOUR journey.
- Sit ups: Put noodle or paddle pad under students lower back and count sets of 10 until last person finishes. (As above, if you get fatigued, STOP and floor stretch).
- Skipping 3 x sets of 1 min (20 second break between sets) Count how many jumps you do in each set. (If there's time, check your pulse after each set). Aim to beat your PB.
- Check heart rate after 3rd set. (distinguish 'active' hear rate)
- Check heart rate & examine the ss how close it was to original 'normal rate' at the beginning of fitness drills
- When you stretch, try and be as 'loose' and aligned as possible. Avoid bending incorrectly or not using correct technique. Learn how to a) distinguish how flexible you are b) Lowering your heart rate.