

<b>Yellow Belt KIDS</b> IN CLASS GRADINGS	<b>Orange Belt KIDS</b> IN - CLASS GRADINGS	<b>Blue Belt KIDS</b> END OF TERM	<b>Blue 1 Tip KIDS</b> IN - CLASS GRADINGS	<b>Blue 2 Tip KIDS</b> IN - CLASS GRADINGS
Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (15)	Planking, sit ups, squats, (15)
Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging	<b>Stances</b> -Shoulder -squatting -side on stance -R/leg back fighting stance -L/leg back deep lunge -prepare -cover	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunge -prepare -cover
<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward & back	<b>Footwork</b> -lunge forward & back -change over forward & back -switch on the spot -half shuffle forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward/ back -lunge forward & back
<b>Break fall drill</b> -Forward	<b>Break fall drill</b> -Forward -side	<b>Break fall drill</b> -Forward -side	<b>Break fall drill</b> -Forward -side	<b>Break fall drill</b> -Forward
<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower
<b>Checks</b> -L/leg half leg check -R/leg full check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check
<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows	<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows	<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows	<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows	<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows
<b>Knees</b> -straight knee L/ leg -straight knee R/ leg	<b>Knees</b> -circular knee L/ leg -circular knee R/ leg	<b>Knees</b> -circular knee L/ leg -circular knee R/ leg	<b>Knees</b> -Left straight knee -Right round knee	<b>Knees</b> -Left straight knee -Right round knee
<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back

<b>Yellow Belt KIDS</b> IN CLASS GRADINGS	<b>Orange Belt KIDS</b> IN - CLASS GRADINGS	<b>Blue Belt KIDS</b> END OF TERM	<b>Blue 1 Tip KIDS</b> IN - CLASS GRADINGS	<b>Blue 2 Tip KIDS</b> IN - CLASS GRADINGS
<b>Kata</b> Gekisai Dai Ichi Individual moves	<b>Kata</b> Gekisai Dai Ichi moves 1-6	<b>Kata</b> Gekisai Dai Ichi moves 1-13	<b>Kata's</b> Gekisai Dai Ichi moves 1-20	<b>Kata's</b> Gekisai Dai Itchi All the way through
		<b>Self defence</b> <b>-1 nominated front attack</b> -single wrist grab	<b>Self defence</b> <b>-2 nominated front attack</b> -single wrist grab -single chest grab	<b>Self defence-3 nominated front attacks</b> -single wrist grab -single chest grab -double chest grab
		<b>Pad work (2 x 1 min rounds)</b> <b>1 x 1</b> L/R punch, <b>1 x 1</b> front kick, round kick, knee	<b>Pad work (2 x 1 min rounds)</b> <b>1 x 1</b> L/R punch, <b>1 x 1</b> front kick, round kick, knee	<b>Pad work (2 x 1 min rounds)</b> <b>1 x 1</b> L/R punch, <b>1 x 1</b> front kick, round kick, knee
		<b>Shadow Sparring</b> <b>1 x 30sec</b>	<b>Shadow Sparring</b> <b>1 x 30sec</b>	<b>Shadow Sparring</b> <b>1 x 30sec</b>

Green -Belt KIDS IN - CLASS GRADINGS	Green -1 Tip KIDS IN - CLASS GRADINGS	Green -2 Tip KIDS IN - CLASS GRADINGS	Green -3 Tip KIDS IN - CLASS GRADINGS	Brown Belt END OF TERM
Planking,, sit ups, squats, (15)	Planking,, sit ups, squats, (15)	Planking, sit ups, squats,(15)	Planking, sit ups, squats, (15)	Planking, sit ups, squats, (20)
Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -half lunge	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge
<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back
<b>Break fall drill</b> -Forward - Back -side	<b>Break fall drill</b> -Forward - Back -side	<b>Break fall drill</b> -Forward - Back -side	<b>Break fall drill</b> -Forward - Back -side	<b>Break fall drill</b> -Forward - Back -side
<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower	<b>Blocks</b> -upper -inside -outside -lower
<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check
<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts	<b>Strikes (fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R finger strike	<b>Strikes -(fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes	<b>Strikes -(fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes	<b>Strikes -(fighting stance)</b> -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes
<b>Knees</b> -Left straight knee -Right round knee	<b>Knees</b> -Left straight knee -Right round knee	<b>Knees</b> -L/Front knee -R/ round knee	<b>Knees</b> -L/Front knee -R/ round knee	<b>Knees</b> -L/Front knee -R/ round knee

Green -Belt KIDS END OF TERM	Green -1 Tip KIDS IN - CLASS GRADINGS	Green -2 Tip KIDS IN - CLASS GRADINGS	Green -3 Tip KIDS IN - CLASS GRADINGS	Brown Belt END OF TERM
<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump
<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Footwork)	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Hand Position)	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Breathing)	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on strength ) -Tensho kata all the way
<b>Self defence-4 nominated front attacks</b> -single wrist grab -single chest grab -double chest -Single hand shove	<b>Self defence-1 rear attack</b> -bear hug,	<b>Self defence-2 rear attack</b> -bear hug, -single hair grab rear	<b>Self defence-3 rear</b> -bear hug, -single hair grab rear -single arm neck choke	<b>Self defence-3 rear</b> -bear hug, -single hair grab rear -single arm neck choke -single Shoulder Grab
<b>Pad work (3 x 1 min rounds)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches	<b>Pad work (3 x 1 min rounds)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches	<b>Pad work (3 x 1 min rounds)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches	<b>Pad work (3 x 1 min rounds)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches	<b>Pad work (4x 1 min rounds)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 2 x 1 front kicks, straight punches
<b>Or Sparring 3 x 1 min rounds</b> 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	<b>Or Sparring 3 x 1 min rounds</b> 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	<b>Or Sparring 3 x 1 min rounds</b> 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	<b>Or Sparring 3 x 1 min rounds</b> 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	<b>Or Sparring 4 x 1 min rounds</b> 1 x 1 hands 1 x 1 min legs 2 x 1 min hands & legs
<b>Shadow Sparring</b> 1 x min	<b>Shadow Sparring</b> 1 x 1 min	<b>Shadow Sparring</b> 1 x 1 min	<b>Shadow Sparring</b> 1 x 1 min	<b>Shadow Sparring</b> 2 x 1 min

<b>Brown 1 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 2 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 3 Tip KIDS</b> IN - CLASS GRADINGS	<b>Black Belt</b> END OF TERM
Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)
Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat
<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back
<b>Break fall drill</b> -Forward - Back -side -shoulder rolls front back	<b>Break fall drill</b> -Forward - Back -side -shoulder rolls front back	<b>Break fall drill</b> -Forward - Back -side -shoulder rolls front back	<b>Break fall drill</b> -Forward - Back -side -shoulder rolls front back
<b>Blocks</b> -upper -inside -outside -lower -circular	<b>Blocks</b> -upper -inside -outside -lower -circular	<b>Blocks</b> -upper -inside -outside -lower -circular	<b>Blocks</b> -upper -inside -outside -lower -circular
<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check
<b>Strikes -(fighting stance)</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	<b>Strikes -(fighting stance)</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	<b>Strikes -(fighting stance)</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	<b>Strikes -(fighting stance)</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist

<b>Brown 1 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 2 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 3 Tip KIDS</b> IN - CLASS GRADINGS	<b>Black Belt</b> END OF TERM
<b>Knees</b> -L/Front knee -R/ round knee	<b>Knees</b> -L/Front knee -R/ round knee	<b>Knees</b> -L/Front knee -R/ round knee	<b>Knees</b> -L/Front knee -R/ round knee
<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent <b>-L/ jump kicks &amp; knees</b> <b>-L leg spinning side kick</b> <b>-R spinning hook kick</b>	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent <b>-L/ jump kicks &amp; knees</b> <b>-L leg spinning side kick</b> <b>-R spinning hook kick</b>	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent <b>-L/ jump kicks &amp; knees</b> <b>-L leg spinning side kick</b> <b>-R spinning hook kick</b>	<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent <b>-L/ jump kicks &amp; knees</b> <b>-L leg spinning side kick</b> <b>-R spinning hook kick</b> <b>-spinning outside crescent kick</b>
<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata first 24 moves	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way - Seinchin kata first 36 moves	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata to R/Hand back corner	<b>Kata's</b> Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata all the way
<b>Self defence-</b> -straight punch,	<b>Self defence-</b> <b>-straight punch,</b> <b>-double neck grab</b>	<b>Self defence-</b> <b>-straight punch,</b> <b>-double neck grab</b> <b>-double wrist grab</b>	<b>Self defence</b> -straight punch, -double neck grab -double wrist grab -double chest grab
<b>Padwork 6 x 1 min</b>  -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -1 x 1 min legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	<b>Padwork 7 x 1 min</b>  -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -1 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	<b>Padwork 8 x 1 min</b>  -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	<b>Padwork 10 x 1 min</b>  -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -2 x 1 min straight punches and straight kick on 2 shields -2 x 1 min sit on shield striking down with punches and elbows

<b>Brown 1 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 2 Tip KIDS</b> IN - CLASS GRADINGS	<b>Brown 3 Tip KIDS</b> IN - CLASS GRADINGS	<b>Black Belt</b> 1x Year Min age 10 yr old
<b>Sparring-4x1-minute rounds of touch contact sparring</b>  -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	<b>Sparring-4x1-minute rounds of touch contact sparring</b>  -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	<b>Sparring-4x1-minute rounds of touch contact sparring</b>  -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	<b>Sparring-5x1-minute rounds of touch contact sparring</b>  -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs -1 round hands and upper body clinching
<b>Shadow Sparring 2 x 1 min</b>	<b>Shadow Sparring 2 x 1 min</b>	<b>Shadow Sparring 2 x 1 min</b>	<b>Shadow sparring-3x1minute rounds</b>

<b>1st Dan Grading</b> <b>-1 Red Stripe</b>	<b>2nd Dan (Nidan-Ho)</b> <b>1 Red Stripe Grading for 1 White Stripes</b>	<b>2nd Red Stripe</b> <b>(Full Second Dan Grade)</b>
<b>Kata's demonstrated</b> -Gekisai Dai Ichi -Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata all the way -Saifa kata all the way through	<b>Kata's demonstrated;</b> - Gekisai Dai Ichi - Gekisai Dai Ni -Sanchin kata all the way through -Tensho kata all the way through -Seinchin kata all the way through -Saifa kata -Sanseiru kata all the way through	<b>Kata's demonstrated;</b> - Gekisai Dai Ichi - Gekisai Dai Ni -Sanchin kata all the way through -Tensho kata all the way through -Seinchin kata all the way through -Saifa kata -Sanseiru kata all the way through
<b>Self defence</b> -4 nominated attacks with nominated responses from Saifu kata – right wrist grab by attackers left hand – double handed chest reach/grab – right hand face/chest shove – rear right shoulder grab	<b>Self defence</b> –2 nominated attacks – right wrist grab by attackers left hand – double front wrist grab	<b>Self defence</b> –4 nominated attacks – right wrist grab by attackers left hand – double front wrist grab – rear grab(full nelson/master lock behind neck) – right leg front kick
<b>Weapons Kata demonstrated</b> -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)	<b>Weapons Kata demonstrated</b> -Bokken Kamay Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)	<b>Weapons Kata demonstrated</b> -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)
<b>Weapons Self Defence</b> <b>3 Nominated attacks with nominated responses from Bokken Kata 1 at time</b> - overhead strike - horizontal Strike - lower strike to leg		
	<b>Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER )</b> -1 x 1 min L/R punch, R'elbow, grapple neck then 2 knees, -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs	<b>Padwork 20 x 1 min (MUST HAVE OWN PAD HOLDER )</b> -2x1 min L/R punch, R'elbow, grapple neck then 2 knees, -2 x 1 min front kick, round kick then grapple neck then 2 knees on shield -2 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -2 x 1 min hands & legs (mostly legs keeping



	<p>keeping person away)  -1 x 1 minute upper body grappling alternating sides  -1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time  -1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle  -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around  -1 x 2 min hold centre, hands only striking at focus pads as pad holder circles around  -1 x 1 min hold outside circle, legs only striking at shield as you move around pad holder in middle  -1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around-</p>	<p>person away)  -2 x1 min on back front &amp; side kicking out on shield  -2 x 1 min on back front &amp; side kicking out on shield pad holder is trying to get to side control  -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads  -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads  -2 x 1 min straight punches and straight kick on 2 shields  -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around  -1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle  -1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around  -1 x 1 min hold outside circle, legs only kicking out at shield as you move around pad holder in middle</p>
	<p><b>Sparring-5x1-minute rounds of touch contact sparring</b>  -1 round hands  -1 round legs  -1 round hands &amp; legs  -1 round hands and upper body clinching</p>	<p><b>Sparring-5x1-minute rounds of touch contact sparring</b>  -1 round hands  -1 round legs  -1 round hands &amp; legs  -1 round hands and upper body clinching</p>
	<p><b>Shadow Sparring</b>  <b>3 x 1min</b></p>	<p><b>Shadow Sparring</b>  <b>3 x 1min</b></p>