

YUNG YEA MARTIAL ARTS

ORANGE BLACK (4D) BELT TRAINING MANUAL



**YUNG YEA MARTIAL ARTS SCHOOL
ORANGE BLACK (4D) BELT INFORMATION**

BLOCKS, STRIKES, KICKS, PATTERNS (DEFINITIONS)

EVERYTHING up to this point.

SPARRING - One Step Drills #1B

From parallel ready stance, step back with the right foot into an L stance, left sides facing. Side A – high rank does drill, Side B – only blocks/parry. Then reverse roles.

5. Left leg double round kick, left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
6. Left leg hook kick – round kick combination, left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
7. Left leg side kick, left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
8. Left hook kick, step down with feet parallel and back to your opponent, right spin side kick, step down with feet parallel and back to your opponent, left spin side kick, landing in a left front stance, right punch, left round kick, reverse drop angle out with left foot, rotary jog away.
9. Left leg side kick, stepping down with feet parallel and back to your opponent, right 360 spin heel kick, landing in the original middle/horse stance, step together and step out into a left front stance while making a right punch, left round kick, reverse drop angle out with left foot, rotary jog away.

Hop change sides, landing in a middle stance and repeat the above drills with right sides facing each other. Side A – high rank does drill, Side B – only blocks/parry. Then reverse roles.

5. Right leg double round kick, right front stance, left punch, right round kick, reverse drop angle out with the right foot, rotary jog away.
6. Right leg hook kick – round kick combination, right front stance, left punch, right round kick, reverse drop angle out with the left foot, rotary jog away.
7. Right leg side kick, right front stance, left punch, right round kick, reverse drop angle out with the right foot, rotary jog away.
8. Right hook kick, step down with feet parallel and back to your opponent, left spin side kick, step down with feet parallel and back to your opponent, right spin side kick, landing in a right front stance, left punch, right round kick, reverse drop angle out with the right foot, rotary jog away.
9. Right leg side kick, stepping down with feet parallel and back to your opponent, left 360 spin heel kick, landing in the original middle/horse stance, step together and step out into a right front stance, left punch, right leg round kick, right round kick, reverse drop angle out with the right foot, rotary jog away.