

Black Belt Pad Drills:

Number 1 – single punch either left side or right

Number 2 – double punch

Number 3 – reverse punch – left hook – reverse punch

Number 4 – double punch – hook punch – uppercut

Number 5 – reverse punch – hook punch - reverse punch – uppercut – reverse punch

These drills are only required to be used by black stripes and dan grades. These are not a colour belt requirement.

