**P.U.M.A. KICKBOXING DRILLS – wearing gloves and based on orthodox stance (left foot forward)**

Note: You need to learn all the drills up to and including the belt which you currently are e.g. a Green belt should know Drills 1-5

**Drill 1 (White Belt)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Jab or Cross | High Parry |

**Drill 2 (Yellow Stripe)**

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| --- | --- | --- |
| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Right parry |
| 2 | Perform appropriate guard | Left front kick |
| 3 | Guard | Jab |
| 4 | Guard | Cross |

**Drill 3 (Yellow Belt)**

|  |  |  |
| --- | --- | --- |
| **Step** | **Attacker** | **Defender** |
| 1 | Cross | Slip left |
| **2** | Guard | Left Hook |
| **3** | Guard | Right turning kick |

**Drill 4 (Green Stripe)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Ride |
| 2 | Cross | Right downward parry then left backfist |
| 3 | Step back when kicked | Right front push kick |

**Drill 5 (Green Belt)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Slip Right |
| 2 | Cross + deflect body hook | Roll left then body hook |
| 3 | Left hook | Roll right |
| 4 | Back kick | Slide back and defend using side guard |

**Drill 6 (Blue Stripe)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Left body hook | Right body deflect |
| 2 | Right body hook | Left body deflect |
| 3 | Left body hook | Right body deflect |
| 4 | Guard right (body deflect) | Grab neck and left knee towards ribs |
| 5 | Guard left (body deflect) | Maintain grab and right knee towards ribs |
| 6 | Move back when pushed | Push away |
| 7 | Guard against counter | Double jab/cross |
| 8 | Side guard | Back kick |

**Drill 7 (Blue belt)**

|  |  |  |
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| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Slip left |
| 2 | Left hook | Weave (roll) right |
| 3 | Cross | Overarm cross, slipping head let to evade cross |
| 4 | Recover Guard and body deflect kick | Right roundhouse kick (shifting left foot to the left to correct distance) |
| 5 | Allow grab and perform low cover guard | Grab neck, pull head toward chest and left knee strike |
| 6 | Maintain cover guard | Release head and right downward elbow to back of neck |
| 7 | Raise body, keep cover guard | Jump back and perform left jumping front kick (optional but looks cool) |

**Drill 8 (Red stripe)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Slip right |
| 2 | Cross | Ride back |
| 3 | Left uppercut | Cross arm guard |
| 4 | Right uppercut | Maintain Cross arm guard |
| 5 | Left uppercut | Maintain Cross arm guard |
| 6 | Right reverse turning kick | Slide back with guard to evade reverse turning kick |
| 7 | Side guard | Front leg hopping side kick |
| 8 | Guard | Right hook |
| 9 | Guard | Switch turning kick (left leg), changing angle to left and moving out of range |

**Drill 9 (Red Belt)**

|  |  |  |
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| **Step** | **Attacker** | **Defender** |
| 1 | Switch stance – spinning backfist | Elbow Cover |
| 2 | Cross | Right Downward Parry |
| 3 | Right hook kick/Reverse hooking kick landing in front (preferably high section but if not then mid section) | Block |
| 4 | Allow clinch and perform low Cross arm guard | Clinch, right jumping roundhouse knee strike, pivot to left and recovering to normal guard |
| 5 | Move back when pushed and side guard | Push away followed by right jumping back kick (normal back kick is allowed if student unable to jump) |

**Drill 10 (Black Stripe)**

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| **Step** | **Attacker** | **Defender** |
| 1 | Jab | Right catch |
| 2 | Cross | Left parry |
| 3 | Right front push kick (foot lands in front) | Left body deflection |
| 4 | Left turning kick | Right low parry |
| 5 | Right body hook | Left body deflection |
| 6 | Left hook (to head) | Right elbow cover |
| 7 | Guard and allow clinch and turn | Clinch and turn to right |
| 8 | Body deflection | Left turning knee strike to side and push away |
| 9 | Block with relevant technique | Shift left leg slightly to left while performing right jumping roundhouse kick (landing right leg forward) |
| 10 | Left elbow cover | Right roundhouse elbow (rotating body fully to left) |