**Kickboxing**

**2nd Degree Black Belt**

**2nd Dan Phase One**

Finger set and applications Grab & Stab-Low 1, 2, 3 & Throat 1. 2

Kicking form Two 12 Angles - Knife

Self Defence Agak

1. Clutching feathers
2. Scraping hoof
3. Sword and hammer

**2nd Phase Two**

Elbow set Palasut-Empty hand, Knife

Self Defence Crossada Knife (Cut, Stab, Counter)

1. Wall Defence 1-2

2. Thrusting Wedge

3. Fallen Cross

**2nd Dan Phase Three**

Eagle Set Knife Techniques

Bowtie

Knife Locks, Chokes

Blocking Set Two

**Grading to 3rd Degree Black Belt**

Knife Check Drill

 Babakan Basic drill 1 & 2