

BLUE RANK

**ESTIMATED
20-40 SESSIONS**

The student has learned and memorized dozens of moves, combinations, and strategies through the practice of the Red Rank concepts. The student is now able to style the technique into more profound focused movement enhancing intensity, speed, power, and accuracy and has built endurance through the physical training and proper breathing.

HEAVY BAG COMBINATIONS

Student demonstrates proficiency of **RED RANK** combination at 60 to 80 percent intensity level for one to two-minute rounds, with new added combos and extensions on the original 4 combinations.

- **Blue Rank 1:**

Repeat **RED RANK 1**, but add the following endings:

- Walk around 180 degrees
- Shuffle around 180 degrees

- **Blue Rank 2-4:**

Repeat **RED RANK 2-4**, but add the following ending:

- Slide around 180 degrees

- **Blue Rank 5:**

Triple jab, reverse, 4 head, 4 body, slide back, front leg front kick, round house, power reverse punch

- **Blue Rank 6:**

One, two, 4 body, 2 hooks to the head, slide back, front kick (back leg), switch stance, front kick (back leg)

INTERVAL BAG DRILL (Eight-One Drill):

Head shots, hooks to the head, upper cuts, body shots:

- In 8's
- In 4's
- In 2's

KICK SHIELD

The student learns to use a kick shield for practice.

- **Basics:** how to hold, areas to kick
- **Multiple holders:** practicing kicks on multiple kick shields in 30-second rounds

REPETITION REDUCTION

The student practices repetition reduction/addition drills with kicks for 2.5 minutes.

NEW MOVES INTRODUCED

Kicks:

- Inside crescent
- Spinning hook
- Cross behind side kick
- Jump, slide, and shuffle side kick

Defensive Moves:

Using these techniques at certain points during or after an offensive move are the keys to their effectiveness. The defensive evasive moves are hidden in the combinations and practice sets. Practice with the Jab Drill using:

- Bob, counter jab
- Rock, counter reverse
- Slip, hook

SHADOW BOXING (CHOREOGRAPHY)

- **Blue Rank Practice Set 1: REPEAT RED RANK PRACTICE SET 1**, but with with higher intensity and a lower, stronger stance with explosive movement. Students should know the starting and ending point of each strike. Implement all 12 moves in reps of 4.
- **Blue Rank Practice Set 2: REPEAT RED RANK PRACTICE SET 2**, but use the following replacements while back stepping defensive moves.
 - Single blocks
 - Double blocking in 4's and 8's
 - Bob, jab, bob, jab
 - Alternating upper cuts
 - Upper cut, double hook, reverse, upper cut
 - "Around the world" pattern with double stepping using only the base move
- **Blue Rank Practice Set 3 (implementing step drag technique):** Using the moves from **RED RANK PRACTICE SET 1** in a fighting stance, step drag moving back with blocks and counter strikes forward. Begin learning Triangle transition by side stepping with Double Blocks in 8's and 4's.
 - Up block with back knuckle down
 - Out block with back hammer
 - Side in block with knife hand
 - Down block with elbow to the head

PARTNER DRILLS

- Alternate single jabs
- Alternate offense: triple jab, reverse while partner implements defense catch, parry or cover