

## **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.**

