

Grading Syllabus - Kids

Blue Stripe Belt --> Purple Belt

All Students to be in full uniform including belts and correct footwear

Fitness and Strength Test

5 minutes skipping to warm up

- 25 Push ups
- 25 Crunches
- 25 Burpees
- 25 Alternate Leg Thrusts

Stretching Test

Instructors choice - Marked on effort

Technical Test – In the Air (Both sides to be tested)

- Lead palm strike
- Rear palm strike
- Double palm strike
- Jab, rear palm strike
- Jab, cross, double palm strike

- Lead leg outside crescent kick
- Rear leg outside crescent kick
- Jumping outside crescent kick bicycle lead leg
- Jumping outside crescent kick bicycle rear leg
- Spinning outside crescent kick (rear leg)
- Step through spinning outside crescent kick (lead leg)
- Jumping spinning outside crescent kick (rear leg)
- Step through jumping spinning outside crescent kick (leg leg)

Technical Test – Combos followed by pad work (Both sides to be tested)

- Jab, Cross, lead palm strike, cross
- Jab, cross, lead leg outside crescent kick
- Jab, cross, jumping outside crescent kick lead leg bicycle action
- Rear outside crescent kick, rear front kick, backfist, cross
- Jab, Cross, hook, jumping spinning outside crescent kick
- Round kick, spinning outside crescent kick