

# Grading Syllabus - Kids

## White Belt --> White Stripe Belt

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

### Fitness and Strength Test

- 5 Push ups
- 5 Crunches
- 5 Burpees

### Stretching Test

Instructors choice - Marked on effort

### Technique Test - General

- Attention Stance
- Fighting Stance
- Relaxed Position

### Technical Test (Test one side only)

- Jab
- Cross
- Backfist
- Jab, cross
- Jab, jab, cross
- Jab, jab, cross, cross
- Jab, cross, backfist
- Backfist, cross
  
- Lead leg front kick
- Rear leg front kick
- On the spot front kick
- Lead leg front kick, rear leg front kick (travelling forwards)