

# Grading Syllabus - Kids

## Blue Belt --> Blue Stripe 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

### 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)