

Grading Syllabus - Kids

Red Belt --> Red Stripe Belt

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

Fitness and Strength Test

Students to purchase a skipping rope for next grading

- 15 Push ups
- 15 Crunches
- 15 Burpees

Stretching Test

Instructors choice - Marked on effort

Technical Test – (Both sides to be tested)

- Lead uppercut
- Rear uppercut
- Double uppercut (lead, rear)
- Double lead uppercut – Body, head
- Double rear uppercut – Body, head
- Jab, Cross, Hook, Uppercut
- Jab, Cross, Double Hook
- Jab, Lead Hook

- Lead leg hooking kick
- On the spot hooking kick
- Lead leg side kick, lead leg hooking kick
- Lead leg hooking kick, rear leg front kick

- Jumping front kick bicycle lead leg
- Jumping front kick bicycle rear leg
- Jumping front kick pop up lead leg
- Jumping front kick pop up rear leg