

Kids Grading Syllabus

Brown Belt --> Brown Stripe Belt

All Students to be in full uniform including belts and correct footwear - Students to grade on Saturdays - Fee applies to be paid on the day

Fitness and Strength Test

5 minutes skipping to warm up

- 30 Push ups
- 30 Crunches
- 30 Burpees

(3 minutes recovery)

- 20 Push ups
- 20 Crunches
- 20 Burpees

Stretching Test

Instructors choice - Marked on effort

Technical Test – (Both sides to be tested)

- Double round kick (body head)
- Hooking kick, round kick (head height)
- Axe kick, side kick
- Side kick, axe kick
- Front kick, round kick
- Double round kick, hooking kick
- Double side kick
- Double side kick, round kick

- 360 jumping spinning outside crescent kick

- Spinning back kick
- Jumping spinning back kick
- Step through spinning back kick
- Step through jumping spinning back kick
- 360 jumping spinning back kick

Technical Test – Combos (Both sides to be tested)

- Axe kick double side kick, jumping spinning back kick
- Front kick, jab, cross, step through jumping spinning back kick
- Jab, rear palm strike, jab, spinning back kick
- Jumping front kick lead leg bicycle action, rear elbow, rear elbow, spinning back kick

Board breaking

Spinning back kick