

Kids Grading Syllabus

Purple Stripe Belt --> Brown 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
- 30 Alternate Leg Thrusts

Stretching Test

Instructors choice - Marked on effort

ON PADS Technical Test – (Both sides to be tested) **ON PADS**

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

- Switch step lead knee strike
- Rear knee strike
- Double knee strike

- Jumping side kick bicycle lead leg
- Jumping side kick bicycle rear leg
- Jumping side kick pop up lead leg
- Jumping side kick pop up rear leg
- Flying side kick with one step

ON PADS Technical Test – Combos (Both sides to be tested) **ON PADS**

- Jab, cross, bicycle action jumping round kick lead leg
- Front kick, jab, cross, switch step lead knee strike
- Lead leg axe kick, bicycle action lead leg side kick
- Jab, cross, hook, lead leg side kick, pop up lead leg side kick

Board breaking

Side kick

Elbow Strike (Pad allowed)