

Grading Syllabus - Kids

Yellow Stripe Belt --> Orange Belt

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

Fitness and Strength Test

- 8 Push ups
- 8 Crunches
- 8 Burpees
- 8 Alternate Leg Thrusts

Stretching Test

Instructors choice - Marked on effort

Technical Test (Test one side only)

- Lead hook
- Rear hook
- Double hook (lead, rear)
- Jab, cross, lead Hook
- Jab, cross, double hook

- Lead leg side kick
- On the spot side kick

- Lead leg axe Kick
- Rear leg axe kick (land in front)
- On the spot axe kick
- Lead leg front kick, rear leg axe kick (travelling forwards)
- Lead leg axe kick, Rear axe kick (travelling forwards)
- Lead leg side kick, bounce, Lead axe kick

Technical Test – Combos (Test one side only)

- Jab, cross, lead leg side kick
- Jab, cross, hook, lead leg side kick, lead leg axe kick
- Lead leg side kick, bounce, lead leg axe kick, Jab, Rear hook
- Jab, cross, on the spot axe kick
- Jab, cross, hook, on the spot lead leg side kick
- Lead leg front kick, jab, cross, lead leg side kick