

Grading Syllabus - Adults

White Belt --> White Stripe Belt

Gloves & pads needed to grade
Correct colour belt & tied correctly
Pre registered to grade on website
Check the start time of your grading
Full uniform - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

2 Rounds of the following

- 10 Push ups
- 10 Sit ups
- 10 Star jumps

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

30 seconds of shadow boxing

Attacking Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab
- Cross
- Backfist
- Jab, cross
- Lead front kick (Step up)
- Rear front kick
- Lead leg side kick
- Lead round kick (High - step up)
- Switch lead round kick (Power - Mid)
- Rear leg round kick (Power, mid section)
- Rear leg round kick (Low section)

Defending Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Block a straight punch (head height)

Fitness Test- Kickboxing

- 1 minute of power rear front kicks, on kicksheilds

Grading Syllabus - Adults

White Stripe Belt --> Yellow Belt

Gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

3 Rounds of the following

- 10 Push ups
- 10 Sit ups
- 10 Star jumps

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Students to purchase shinnies for next grading

Recap

Coach to recap things from White Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Shadow Boxing

30 seconds of shadow boxing

Attacking Combos Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, cross, lead front kick, rear round kick
- Jab, jab, rear round kick (land it back), rear round kick low

Defending Combos Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, cross, block a jab, rear round kick
- Jab, cross, block a jab, rear front kick

Fitness Test- Kickboxing

- 1.30 minutes of power rear front kicks, on kicksheilds

Grading Syllabus - Adults

Yellow Belt --> Yellow Stripe Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

2 Rounds of the following

- 10 Wide Grip push ups
- 10 Crunches
- 10 Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

45 seconds of shadow boxing

Attacking Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead hook (Rotate your body before you throw it, keep guard tight)
- Rear hook
- Double lead hook – body, head
- Double hook (Lead, rear)
- Lead axe Kick (Step up)
- Rear axe kick (Land in front)

Defending Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Block a hooking punch (Head height)
- Checking kicks

Fitness Test- Kickboxing

- 1 minute of power side kicks, on kickshields

Grading Syllabus - Adults

Yellow Stripe Belt --> Orange Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

3 Rounds of the following

- 10 Wide Grip push ups
- 10 Crunches
- 10 Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Recap

Coach to recap things from Yellow Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Shadow Boxing

45 seconds of shadow boxing

Attacking Combos Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, cross, lead Hook, rear round kick
- Jab, cross, lead axe kick, lead side kick
- Lead leg front kick, cross, body hook, head hook

Defending Combos Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, cross, defend lead hook (strong), cross
- Lead front kick, cross, hook, cross, lead check

Fitness Test- Kickboxing

- 1.30 minutes of power side kicks, on kicksheilds

Grading Syllabus - Adults

Orange Belt --> Orange Stripe Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to a good pace

2 Rounds of the following

- 10 Narrow Grip Push ups - Elbows to touch sides
- 10 Crunches
- 10 Jumping Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1 minute of shadow boxing

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead uppercut (Rock the boat)
- Rear uppercut (Body mechanics)
- Double uppercut (lead, rear)
- Liver shot (Dip shoulder before you throw it, load heavy on the leg)
- Spleen shot (Dip shoulder before you throw it, load heavy on the leg)
- Switch - lead low kick (keep lead shoulder at front)
- Lead leg hooking kick (Step up)

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Slipping a straight punch (slip to their outside shoulder)

Fitness Test- Kickboxing

- 1 minute of power round kicks, on kicksheilds

Sparring - Coach to split group if needed (some watch, some spar)

- 1 min round.No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

Orange Stripe Belt --> Red Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to a good pace

3 Rounds of the following

- 10 Narrow Grip Push ups - Elbows to touch sides
- 10 Crunches
- 10 Jumping Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1 minute of shadow boxing

Recap

Coach to recap things from Orange Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Cross, Hook, rear uppercut, switch step round kick
- Lead axe kick, Cross, uppercut, cross, switch round kick
- Lead hooking kick, cross, hook, spleen shot

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, Cross, Slip, Cross, lead uppercut

Fitness Test- Kickboxing

- 1.30 minute of power round kicks, on kicksheilds

Sparring - Coach to split group if needed (some watch, some spar)

- 1 min round.No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

Red Belt --> Red Stripe Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to include alternating legs

2 Rounds of the following

- 10 Explosive Push ups
- 10 Leg Raises
- 10 Jumping Lunges (left and right)

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1.30 minutes of shadow boxing

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Lead rideghand strike (Rotate your body before you throw it)
- Rear rideghand strike
- Double rideghand strike (lead, rear)
- Jumping front kick bicycle lead leg (head height)
- Jumping front kick pop up rear leg (Land your kicking leg in front)
- Jumping front kick pop up lead leg (Land your kicking leg in front)

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Block body hooks - attacker attacks at random either side
- Block body - Jab / Cross - attacker attacks at random either side
- Rolling a head hook - attacker attacks at random either side
- Block an uppercut (sink into punch) - attacker attacks at random either side

Fitness Test- Kickboxing

- 1.30 minute of jumping front kicks

Sparring - Coach to split group if needed (some watch, some spar)

- 2 min round.No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

Red Stripe Belt --> Green Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to include alternating legs

3 Rounds of the following

- 10 Explosive Push ups
- 10 Leg Raises
- 10 Jumping Lunges (left and right)

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1.30 minutes of shadow boxing

Recap

Coach to recap things from Red Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jumping front kick (lead leg bicycle) Cross, Hook, Cross, liver shot
- Jab, cross, uppercut, cross, pop up rear front kick

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Cross, hook, roll, hook, rear round kick
- Jab, Cross, Block a lead body hook, cross (catch & counter style)
- Jab, Cross, hook, Block a lead body hook, (ride with it) lead hook

Fitness Test- Kickboxing

- 1.30 minute of jumping front kicks

Sparring - Coach to split group if needed (some watch, some spar)

- 2 min round. No head shots. Body and leg sparring (hands & legs)



Grading Syllabus - Adults

Green Belt --> Green Stripe Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Skipping rope & optional sparring kit

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

60 seconds

- Push ups
- V Sits
- Lunges (left and right)

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Spinning backfist
- Lead elbow strike (Guard high)
- Rear elbow strike (Guard high)
- Lead leg inside crescent kick
- Rear leg inside crescent kick
- Jumping inside crescent kick bicycle lead leg
- Spinning inside crescent kick (leg leg)
- Jumping spinning inside crescent kick (lead leg)

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Slipping a straight shot (slip to their outside shoulder)
- Block body round kicks - attacker attacks at random either side
- Low scoop front kicks - turning partner away- counter with a low kick

Fitness Test- Kickboxing

- 1.30 minute of rear elbows

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Grading Syllabus - Adults

Green Stripe Belt --> Blue Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Skipping rope & optional sparring kit

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds.

Set 2 = 20 seconds

- Push ups
- V Sits
- Lunges (left and right)
- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Recap

Coach to recap things from Green Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, Cross, hook, rear inside crescent kick
- Jab, Cross, Hook, Jumping spinning inside crescent kick
- Jab, Cross, lead hook, lead hook, cross, bicycle inside crescent kick.

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- (Partner throws a lead body round kick) Block, Rear uppercut, Lead hook, Cross, switch step round kick, cross,

Fitness Test- Kickboxing

- 1.30 minute of rear elbows

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Grading Syllabus - Adults

Blue Belt --> Blue Stripe Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds

Set 2 = 30 seconds.

- Explosive Push ups
- Crunches
- Burpees
- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead Palm Strike
- Rear palm strike
- Double Palm Strike
- Lead leg outside crescent kick
- Rear leg outside crescent kick
- Jumping outside crescent kick bicycle lead leg
- Spinning outside crescent kick (rear leg)
- Jumping spinning outside crescent kick (rear leg)
- Step through jumping spinning outside crescent kick (leg leg)

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Catch body round kicks (same side arm - Move with the kick to absorb power, spare glove parry the knee, to open partner)
- Low scoop front kicks -opening partner up

Fitness Test- Kickboxing

- 1.30 minute of bicycle outside crescent kicks

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Grading Syllabus - Adults

Blue Stripe Belt --> Purple Belt

Shin pads, gloves & pads needed to grade

Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds

Set 2 = 30 seconds.

Set 3 = 20 seconds

- Explosive Push ups
- Crunches
- Burpees

- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Recap

Coach to recap things from Blue Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

- Rear outside crescent kick, (land it back) Cross, Spleen shot, rear uppercut, roll to reset
- Jab, Cross, Hook, Jumping spinning outside crescent kick

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

- Partner throws rear front kick, Lead scoop to open partner up, Spleen shot, Cross, rear front kick

Fitness Test- Kickboxing

- 1.30 minute of bicycle outside crescent kicks

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Adults Sparring Grading Syllabus Purple Belt – For Tip 1

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwear. They can be sat at a speed of 1 per month if desired. All Students to own a full sparring kit including gum shield & head guard. It is recommended that students have been sparring for at least a year before taking this grading

5 rounds of HANDS & LEGS sparring

2 minute rounds

To complete after each round end

10 x Push ups

10 x Crunches

10 x Burpees

30 seconds REST - Fresh partner each round

Adults Sparring Grading Syllabus Purple Belt – For Tip 2

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwear. They can be sat at a speed of 1 per month if desired. All Students to own a full sparring kit including gum shield & head guard. It is recommended that students have been sparring for at least a year before taking this grading

5 rounds of HANDS & LEGS sparring

Fresh partner each round

2 minute rounds

To complete after each round end

10 x Dead man

15 x Explosive Push ups

15 x Tuck jumps

30 seconds REST - Fresh partner each round

Adults Sparring Grading Syllabus Purple Belt – For Tip 3

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwear. They can be sat at a speed of 1 per month if desired. All Students to own a full sparring kit including gum shield & head guard. It is recommended that students have been sparring for at least a year before taking this grading

5 rounds of HANDS & LEGS sparring

Fresh partner each round

2 minute rounds

To complete after round 1 = 1 minute Push ups

To complete after round 2 = 1 minute of Dead man

To complete after round 3 = 1 minute of crunches

To complete after round 4 = 1 minute of Burpees

To complete after round 5 = 1 minute of Alternate Leg Thrusts

Grading Syllabus - Adults

Purple Belt 3rd Tip --> Purple Stripe Belt

Students to grade on a weekend

Book & pay grading fee one week prior to grading

Bring a pad feeder /sparring partner with you to grading (this is expected at black belt so start getting used to it)

Check the start time of your grading

Full uniform

Skipping rope & full sparring kit

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds

Set 2 = 30 seconds.

- Tuck jumps – (minimum 25)
- Flutter legs – (Hands out to side)
- Dead man (Minimum of 25)
- Rest

Rest to match workout time

Stretching Test

Instructors choice - Marked on effort

Shadow Boxing

2 minutes of shadow boxing

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jumping round kick bicycle 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 pop up lead leg
- Flying side kick

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Catch body round kicks (Catch with opposite side. Same side arm to block). Step back & Guide off to turn partner away
- Block & parry round kicks (any height)

Fitness Test- Kickboxing

- 1.30 minute of the above jumping kicks

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Grading Syllabus - Adults

Purple Stripe Belt --> Brown Belt

Students to grade on a weekend. Book & pay grading fee one week prior to grading

Bring a pad feeder /sparring partner with you to grading (this is expected at black belt so start getting used to it)

Check the start time of your grading. Full uniform & kit

Students must be coaching in lessons

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds

Set 2 = 30 seconds.

Set 3 = 20 seconds

- Tuck jumps – (minimum 25)
- Flutter legs – (Hands out to side)
- Dead man (Minimum of 25)
- Rest

Rest to match workout time

Stretching Test

Instructors choice - Marked on effort

Shadow Boxing

2 minutes of shadow boxing

Recap

Coach to recap things from Purple Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

- Jumping round kick bicycle lead leg, cross, hook, (reload) lead hook, cross
- Jab, Cross, Hook, Jumping round kick pop up rear leg

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

- Jab, Cross, Hook, Cross (Attacker throws rear round kick) Catch with opposite side arm, throw / guide off & low kick the standing leg
- Attacker throws lead round kick to the head, Block & parry, Cross, Hook, Cross, Liver shot, head hook

Fitness Test- Kickboxing

- 1.30 minute of the above jumping kicks

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Board breaking

Grading Syllabus - Adults

Brown Belt --> Brown Stripe Belt

Students to grade on a weekend. Book & pay grading fee one week prior to grading
Bring a pad feeder /sparring partner with you to grading (this is expected at black belt so start getting used to it)
Check the start time of your grading. Full uniform & kit
Students must be coaching in lessons

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

- 100 push ups
- 100 crunches
- 50 burpees

Stretching Test

Instructors choice - Marked on effort

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test

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

Defending Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test

- Deflect an axe kick (rear glove & shoulder cover)
- Universal block against straight body kicks - front kicks & side kicks (Engage rear elbow forwards)

Fitness Test- Kickboxing

- 1.30 minute of jumping back kick, into a burpee

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Board breaking

Jab (padding allowed)

Cross (padding allowed)

Elbow (padding allowed)

Grading Syllabus - Adults

Brown Stripe Belt --> Double Brown Belt

Students to grade on a weekend

Book & pay grading fee one week prior to grading

Bring a pad feeder /sparring partner with you to grading (this is expected at black belt so start getting used to it)

Check the start time of your grading

Full uniform

Skipping rope & full sparring kit

Fitness and Strength Test

2 minutes skipping to warm up

- 35 Push ups
- 35 Crunches
- 35 Burpees

Catch your breath

- 25 Push ups
- 25 Crunches
- 25 Burpees

Stretching Test

Instructors choice - Marked on effort

Recap

Coach to recap things from Brown Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Jab, Cross, Axe kick, Side kick, Spinning back kick
- Cross, Hook, Rear round kick, jumping spinning back kick
- Jab, Cross, hook, 360 jumping spinning outside crescent kick

Defending Combo Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Jab, Cross, Block a lead hook, Cross (catch & counter style), Switch step lead knee strike, Rear elbow
- Lead check, Cross, Hook, Catch a rear round kick (alternate arm catch) throw off and low kick to back of thigh

Skill Test- Kickboxing

- 1.30 minute of double round kicks (without putting your foot down)

Sparring - Coach to split group if needed (some watch, some spar)

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Board breaking

Spinning back kick

Jumping spinning back kick

Grading Syllabus - Adults

Double Brown Belt --> 1st Tip

This is your final grading before your black belt - Students to grade on a weekend

Book & pay grading fee one week prior to grading

Bring a pad feeder /sparring partner with you to grading (this is expected at black belt so start getting used to it)

Check the start time of your grading

Skipping rope & full sparring kit

Fitness and Strength Test

2 minutes skipping to warm up

- 35 Push ups
- 35 Crunches
- 35 Burpees

Catch your breath

- 25 Push ups
- 25 Crunches
- 25 Burpees

Catch your breath

- 15 Push ups
- 15 Crunches
- 15 Burpees

Stretching Test

Instructors choice - Marked on effort

Attacking Test (Test orthodox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Spinning front kick rear leg
- Spinning front kick lead leg
- Step through spinning front kick lead leg
- Jumping spinning front kick lead leg

Combo Design Test

- Student to design a 10 punch and kick combo - shadow boxing. 10 punches/kicks in total. Present your written (or typed) combo, to your coach on the day on paper.
- Student to show same combo, but on pads. Make sure to have a pad feeder on your grading day. We advise meeting and practising with them prior.

Sparring

- Sparring, 2 min rounds, 10 push ups, crunches burpees inbetween (x3)

Re test

- Technique test - anything can be re tested from previous gradings White Belt to brown belt

Board breaking

3 x double board breaks, student to choose technique

Fitness

- 5km timed run (aiming for sub 30 mins)

Once passed

Students to earn 2 more tips during class before being allowed to sit Black Belt grading There is no time frame to earn tips

Tips can be awarded for technique, overall effort and improvement

Grading Syllabus

Adults Black Belt 1st Dan

All Students to be in full uniform - Grading fee to be pre paid.

Provide a written training diary. Weekly hours and type of training to be tracked - 2 months progress prior to

Students to have achieved 3 tips on Double Brown Belt - Within 3 months of grading

Fitness and Strength Test

35 Push ups 35 Crunches 35 Burpees

2 minutes rest

25 Push ups 25 Crunches 25 Burpees

1 minute Rest

15 Push ups 15 Crunches 15 Burpees

Stretching

Allow students 5 minutes to stretch themselves out

Kicking Test In the Air- Both sides to be tested -

- Reverse Turning Kick
- Step Through Reverse Turning Kick
- 180 Jumping reverse turning kick
- Step through jumping reverse turning kick
- 360 jumping reverse turning kick
- Jumping Axe Kick Bicycle Action
- 180 Spinning Axe Kick
- 180 Jumping Spinning Axe Kick
- Step Through Spinning Axe Kick
- Step Through Jumping Spinning Axe Kick
- 360 Jumping Spinning Axe Kick

Kicking Test on Paddle- Both sides to be tested

- Reverse Turning Kick
- Step Through Reverse Turning Kick
- 180 Jumping reverse turning kick
- Step through jumping reverse turning kick
- 360 jumping reverse turning kick
- Jumping Axe Kick Bicycle Action
- 180 Spinning Axe Kick
- 180 Jumping Spinning Axe Kick
- Step Through Spinning Axe Kick
- Step Through Jumping Spinning Axe Kick
- 360 Jumping Spinning Axe Kick

Technical Test - In Air - 45 minutes

Students to work through Hands and Leg Techniques from White to Double Brown Belt

Technical Test - On pads - Can be from Attacking or defending section - 45 minutes

Students to work through Hands and Leg Techniques from White to Double Brown Belt

Sparring technical

5 x 2 minute rounds

Fresh Partners, hands and legs. Students to show ability.
Optional Extras Section - 15 mins
Any of the optional extras from previous grading
Black Belt Conditioning
Burpees 3 minutes. Minimum 45
Hold a horse riding stance until failure
Board Breaking - Power
Students to break using the following techniques. Board difficulty instructors choice
Side kick
Round Kick
Hooking Kick
Jab
Cross
Elbow Strike - padding allowed
Spinning Back Kick
Jumping Spinning Back Kick
Board Breaking - Technical
Students to break using the following techniques.
Whirlwind kick
Reverse Turning Kick
Spinning Axe Kick
Jumping Spinning Axe Kick

Grading Syllabus

Adults Black Belt 2nd Dan

All Students to be in full uniform - Grading fee to be pre paid.

Students to have trained consistantly for one year since achieving 1st Dan

Fitness and Strength Test

35 Push ups 35 Crunches 35 Burpees

2 minutes skipping

25 Push ups 25 Crunches 25 Burpees

1 minute skipping

15 Push ups 15 Crunches 15 Burpees

Stretching

Allow students 5 minutes to stretch themselves out

Kicking Test In the Air- Both sides to be tested -

- Spinning Hook Kick
- Step Through Spinning Hook Kick
- 180 Jumping spinning hook kick
- Step through jumping spinning hook kick
- 360 hook kick
- Step round Round kick
- Step round Jumping Round kick
- Whirlwind Kick
- Step Through Whirlwind kick

Kicking Test on Paddle- Both sides to be tested

- Spinning Hook Kick
- Step Through Spinning Hook Kick
- 180 Jumping spinning hook kick
- Step through jumping spinning hook kick
- 360 hook kick
- Step round Round kick
- Step round Jumping Round kick
- Whirlwind Kick
- Step Through Whirlwind kick

Technical Test - In Air - 45 minutes

Students to work through Hands and Leg Techniques from White to Double Brown Belt

Technical Test - On pads - Can be from Attacking or defending section - 45 minutes

Students to work through Hands and Leg Techniques from White to Double Brown Belt

Combo Design Test

- Student to design a 15 punch and kick combo - shadow boxing. 15 punches/kicks in total. Present your written
- Student to show same combo, but on pads. Make sure to have a pad feeder on your grading day. We advise

Sparring technical

7 x 2 minute rounds

Fresh Partners, hands and legs. Students to show ability.

Optional Extras Section - 15 mins

Any of the optional extras from previous grading

Black Belt Conditioning

Dead men 3 minutes. Minimum 20. With weight
Hold a plank until failure
Power Test
· 3 minutes of full contact kicking - Kickshields
Board Breaking - Power
Students to break using the following techniques. Board difficulty instructors choice
Side kick
Round Kick
Hooking Kick
Hooking Punch
Cross
Elbow Strike - padding allowed
Jumping Spinning Back Kick
360 Jumping Spinning Back Kick
Board Breaking - Technical
Students to break using the following techniques.
Whirlwind kick
Spinning Hook Kick
360 Hook Kick
360 Axe Kick
Fitness test
Students to run 5km in fastest time possible (Aim for sub 30)