

# Grading Syllabus - Kids

## Orange Stripe Belt --> Red Belt

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

### Fitness and Strength Test

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

### Stretching Test

Instructors choice - Marked on effort

### Technical Test (Test one side only)

- Lead ridgehand strike
- Rear ridgehand strike
- Double ridgehand strike (lead, rear)
- Jab, Cross, Double ridgehand strike
- Jab, rear ridgehand strike
- Backfist, cross, rear ridgehand strike
  
- Lead leg round kick (Free Style)
- Rear leg round kick (Power)
- On the spot round kick
- Lead leg front kick, rear power round Kick
- Lead leg round kick, rear leg round kick

### Technical Test – Combos (Test one side only)

- Jab, Cross, lead leg round kick
- On the spot Round kick, Jab Cross
- Jab Cross, Rear leg round kick
- Jab, cross, double ridgehand strike, rear leg round kick
- Lead leg round kick, backlist, cross