

# Grading Syllabus - Kids

## 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**

- 5 Push ups - Chest low
- 5 Crunches - Hands on head
- 5 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Technique Test - General**

- Attention Stance
- Fighting Stance
- Relaxed Position

### **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 (land it back)

### **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 - Kids

## 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**

- 5 Push ups - Chest low
- 5 Crunches - Hands on head
- 5 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

30 seconds of shadow boxing

### **Recap**

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

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

- Jab, cross, lead front kick
- Jab, jab, rear front kick

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

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

### **Fitness Test- Kickboxing**

- 1 minute of power rear front kicks, on kicksheilds

# Grading Syllabus - Kids

## Yellow Belt --> Yellow 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**

- 8 Push ups - Chest low
- 8 Crunches - Hands on head
- 8 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **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 hook (Lead, rear)
- Lead axe Kick (Step up)
- Rear axe kick (Land in front)
- Lead side kick (Step up)

### **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)

### **Fitness Test- Kickboxing**

- 1 minute of power side kicks, on kicksheilds

# Grading Syllabus - Kids

## Yellow Stripe Belt --> Orange 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*

***Purchase shin pads for next grading***

### **Fitness and Strength Test**

- 8 Push ups
- 8 Crunches
- 8 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

45 seconds of shadow boxing

### **Recap**

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

### **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, Side kick
- Jab, jab, rear axe kick

### **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 lead hook,
- Jab, cross, block lead hook, cross
- Jab, cross, block lead hook, cross, rear axe kick

### **Fitness Test- Kickboxing**

- 1 minute of power side kicks, on kickshields

# Grading Syllabus - Kids

## 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**

· 10 Push ups

· 10 Crunches

· 10 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1 min 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 rideghand strike (Rotate your body before you throw it)

· Rear rideghand strike

· Double rideghand strike (lead, rear)

· Lead round kick (High - step up)

· Rear round kick (Power - Mid)

· Rear low kick (attacking partners lead outside thigh)

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

· Checking low kicks (knee to elbow, guard high)

### **Fitness Test- Kickboxing**

· 1 minute of power round kicks, on kicksheilds

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

· 1 x 1 min round. Body and leg sparring (hands & legs)

# Grading Syllabus - Kids

## 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**

· 10 Push ups

· 10 Crunches

· 10 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1 min 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-**

· Jab, Cross, lead round kick (head height)

· Cross, Hook, rear round kick (body)

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

· Jab, Cross, Lead check

· Jab, Cross, Lead check, Cross

· Jab, Cross, Lead check, Cross, Lead round kick

### **Fitness Test- Kickboxing**

· 1 minute of power round kicks, on kicksheilds

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

· 1 x 1 min round. Body and leg sparring (hands & legs)

# Grading Syllabus - Kids

## 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*

***Purchase skipping rope for 2 gradings time - start learning to skip***

### **Fitness and Strength Test**

- 15 Push ups
- 15 Crunches
- 15 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1 min 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 Palm Strike
- Rear palm strike
- Double Palm Strike
- Lead leg hooking kick
- Jumping front kick bicycle lead leg
- Jumping front kick pop up lead leg (Land your kicking leg in front)
- Jumping front kick pop up rear leg (Land your kicking leg in front)
- On the spot kicking test - Front kick, Round kick, Side kick, Axe kick, Hooking Kick

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

- Block body punches - attacker attacks at random. Jab, Cross or Hooks
- Rolling hooking punches
- Blocking uppercuts

### **Fitness Test- Kickboxing**

- 1 minute of jumping front kicks, on pads (student to choose type)

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

- 1 x 1 min round. Body and leg sparring (hands & legs)

# Grading Syllabus - Kids

## 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*

***Purchase skipping rope for next grading - start learning to skip***

### **Fitness and Strength Test**

*Students to purchase a skipping rope for next grading*

- 15 Push ups
- 15 Crunches
- 15 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1 min 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-**

- Jumping front kick (lead leg bicycle) Cross, Hook, Cross
- Lead hooking kick, Backfist, Cross

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

- Cross, Hook, Roll a rear hook
- Cross, Hook, Roll a rear hook, lead hook,
- Cross, Hook, Roll a rear hook, lead hook, rear power round kick

### **Fitness Test- Kickboxing**

- 1 minute of jumping front kicks, on pads (student to choose type)

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

- 1 x 1 min round. Body and leg sparring (hands & legs)



# Grading Syllabus - Kids

## 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**

2 minutes skipping to warm up

- 20 Push ups
- 20 Crunches
- 20 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1.30 min 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 (Complete the circle)
- Lead elbow strike (Guard high)
- Rear elbow strike (Guard high)
- Switch - lead low kick (attacking partners lead inside thigh)
- Switch lead round kick (Power - Mid)
- 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 (leg 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 head shots (slip to their outside shoulder)
- Block body round kicks - attacker attacks at random either side.
- Low scoop front kicks - turning partner away

### **Fitness Test- Kickboxing**

- 1 minute of switch step power round kicks, on kicksheilds

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

- 1 x 2 min round (Head guards if they own them)

# Grading Syllabus - Kids

## 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**

2 minutes skipping to warm up

- 20 Push ups
- 20 Crunches
- 20 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1.30 min 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
- Cross, Hook, jumping spinning 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**

- Jab, Cross, slip a jab, Cross
- Jab, Cross, slip a jab, Cross, (Scoop a rear front kick)
- Jab, Cross, slip a jab, Cross (Scoop a rear front kick) Low kick,

### **Fitness Test- Kickboxing**

- 1 minute of switch step power round kicks, on kicksheilds

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

- 1 x 2 min round (Head guards if they own them)

# Grading Syllabus - Kids

## 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*

*Skipping rope & optional sparring kit*

### **Fitness and Strength Test**

2 minutes skipping to warm up

- 20 Push ups

- 20 Crunches

- 20 Burpees

Catch your breath

- 10 Push ups

- 10 Crunches

- 10 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1.30 min 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 (Dip shoulder before you throw it)

- Rear uppercut

- Double uppercut (lead, rear)

- Liver shot (Load heavy, then lift body during shot)

- Spleen shot (Load heavy, then lift body during shot)

- 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**

- Catching body round kicks (same side arm) (Move with the kick to absorb power, spare glove parry the knee, to open partner)

- Universal block against a side kick

- Low scoop front kicks -opening partner up

### **Fitness Test- Kickboxing**

- 1 minute of power kicks, on kickshields. Coach to change kick intermittently

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

- 1 x 2 min round (Head guards if they own them)

# Grading Syllabus - Kids

## 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*

*Skipping rope & optional sparring kit*

### **Fitness and Strength Test**

2 minutes skipping to warm up

· 15 Push ups

· 15 Crunches

· 15 Burpees

Catch your breath

· 10 Push ups

· 10 Crunches

· 10 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

1.30 min 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 5-**

· Jab, Cross, hook, Jumping spinning outside crescent kick

· Bicycle outside crescent kick, Cross, Hook, Cross

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

· (Scoop lead front kick to open), Spleen shot, Cross

· (Scoop lead front kick to open), Spleen shot, Cross, switch round kick

· (Scoop lead front kick to open), Spleen shot, Cross, switch round kick, Cross

### **Fitness Test- Kickboxing**

· 1 minute of power kicks, on kicksheilds. Coach to change kick intermittently

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

· 1 x 2 min round (Head guards if they own them)

## Kids Sparring Grading Syllabus Kids Purple Belt – For Tip 1

***Sparring gradings take place during class time. Usually a thursday. Speak directly to Sarah to confirm if your grading prior to the week. Month 1, is the practice, Mointh 2 is the real thing. 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***

Sparring round time : 1.30 minutes – Hands and Legs 5 x rounds  
5 PUSH UPS  
5 CRUNCHES  
5 BURPEES

## Kids Sparring Grading Syllabus Kids Purple Belt – For Tip 2

***Sparring gradings take place during class time. Usually a thursday. Speak directly to Sarah to confirm if your grading prior to the week. Month 1, is the practice, Mointh 2 is the real thing. 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***

Sparring round time : 1.30 minutes – Hands and Legs 5 x rounds  
10 PUSH UPS  
10 CRUNCHES  
10 BURPEES

## Kids Sparring Grading Syllabus Kids Purple Belt – For Tip 3

***Sparring gradings take place during class time. Usually a thursday. Speak directly to Sarah to confirm if your grading prior to the week. Month 1, is the practice, Mointh 2 is the real thing. 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***

Sparring round time : 1.30 minutes – Hands and Legs 5 x rounds  
15 PUSH UPS  
15 CRUNCHES  
15 BURPEES

# Kids Grading Syllabus

## 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**

2 minutes skipping to warm up

· 25 Push ups

· 25 Crunches

· 25 Burpees

Catch your breath

· 10 Push ups

· 10 Crunches

· 10 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **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**

· 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 with one step

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

· Catch body round kicks (Catch with opposite side. Same side arm to block). Guide off to turn partner

· Parry head height round kicks (Keep other guard tight)

### **Fitness Test- Kickboxing**

· 2 minutes of pad work with a partner

### **Sparring**

· 2 x 2 min rounds

# Kids Grading Syllabus

## 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*

*Skipping rope & full sparring kit*

### Fitness and Strength Test

2 minutes skipping to warm up

· 25 Push ups

· 25 Crunches

· 25 Burpees

Catch your breath

· 10 Push ups

· 10 Crunches

· 10 Burpees

### Stretching Test

Instructors choice - Marked on effort

### Shadow Boxing

2 mins 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 5-

· Jab, Cross, Jumping round kick bicycle lead leg

· Lead front kick, Cross, Double knee strike

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

· Jab, Cross (catch a lead round kick opposite side)

· Jab, Cross (catch a lead round kick opposite side) throw off & low kick

### Fitness Test- Kickboxing

· 2 minutes of pad work with a partner

### Sparring

· 2 x 2 min rounds

### Board breaking

Side kick

Elbow Strike (Pad allowed)

# Kids Grading Syllabus

## 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 & sparring kit*

### **Fitness and Strength Test**

2 minutes skipping to warm up

- 30 Push ups

- 30 Crunches

- 30 Burpees

Catch your breath

- 15 Push ups

- 15 Crunches

- 15 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **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**

- 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 between 5-10**

- Deflect an axe kick (rear glove & shoulder cover)

### **Fitness Test- Kickboxing**

- 2 minutes of pad work with a partner

### **Sparring**

- 2 x 2 min rounds

### **Board breaking**

Cross punch

Round kick



# Kids Grading Syllabus

## Brown Stripe Belt --> Double 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 & sparring kit*

### Fitness and Strength Test

2 minutes skipping to warm up

- 30 Push ups
- 30 Crunches
- 30 Burpees

Catch your breath

- 15 Push ups
- 15 Crunches
- 15 Burpees

### Stretching Test

Instructors choice - Marked on effort

### Shadow Boxing

2 x 2 mins of shadow boxing (30 seconds rest)

### Recap

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

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

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

### Defending Combo Test (Both sides) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, Cross, Lead check, Cross,
- Jab, Cross, Lead check, Cross, Hook,
- Jab, Cross, Lead check, Cross, Hook (Catch a rear round kick opposite arm) throw off and low kick to back of thigh

### Fitness Test- Kickboxing

- 2 minutes of pad work with a partner

### Sparring

- 2 x 2 min rounds

### Board breaking

- Spinning back Kick
- Jumping spinning back Kick

# Kids Grading Syllabus

## Double Brown Stripe Belt --> 1st Tip

***This is your final grading before your black belt - Students to grade on a weekend. Book & pay 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

- 30 Push ups

- 30 Crunches

- 30 Burpees

Catch your breath

- 20 Push ups

- 20 Crunches

- 20 Burpees

### **Stretching Test**

Instructors choice - Marked on effort

### **Shadow Boxing**

2 x 2 mins of shadow boxing (30 seconds rest)

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

- 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 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.

### **Fitness Test- Kickboxing**

- 2 minutes of pad work with a partner

### **Sparring**

- 3 x 2 min rounds

### **Final Test**

- Technique test - anything can be re tested from previous gradings

### **Board breaking**

**Any breaks the instructor wishes to see**

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

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# Grading Syllabus

## Kids 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 Black Belt to be recorded*

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

### **Fitness and Strength Test**

30 Push ups    30 Crunches    30 Burpees

2 minutes rest

20 Push ups    20 Crunches    20 Burpees

1 minute Rest

10 Push ups    10 Crunches    10 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.
<b>Optional Extras Section - 15 mins</b>
Any of the optional extras from previous grading
<b>Black Belt Conditioning</b>
Burpees 3 minutes. Minimum 45
Hold a horse riding stance until failure
<b>Board Breaking - Power</b>
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
<b>Board Breaking - Technical</b>
Students to break using the following techniques.
Whirlwind kick
Reverse Turning Kick
Spinning Axe Kick
Jumping Spinning Axe Kick

# Grading Syllabus

## Kids 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**

30 Push ups    30 Crunches    30 Burpees

2 minutes skipping

20 Push ups    20 Crunches    20 Burpees

1 minute skipping

10 Push ups    10 Crunches    10 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 (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 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
<b>Black Belt Conditioning</b>
Dead men 3 minutes. Minimum 20
Hold a plank until failure
<b>Power Test</b>
· 3 minutes of full contact kicking - Kickshields
<b>Board Breaking - Power</b>
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
<b>Board Breaking - Technical</b>
Students to break using the following techniques.
Whirlwind kick
Spinning Hook Kick
360 Hook Kick
360 Axe Kick
<b>Fitness test</b>
Students to run 2km in fastest time possible