

Sparring Grading Syllabus Kid Purple Belt – For Tip 1

All Students to own a full sparring kit including gumsheild. It is reccomended that students have been sparring for at least a year before sitting this grading - to take place during sparring in class time

Sparring Grading

Sparring round time : 1.30 minutes – Hands Only

5 x rounds
10 PUSH UPS
10 CRUNCHES
10 BURPEES

Sparring Grading Syllabus Kids Purple Belt – For Tip 2

All Students to own a full sparring kit including gumsheild. It is reccomended that students have been sparring for at least a year before sitting this grading - to take place during sparring in class time

Sparring Grading

Sparring round time : 1.30 minutes – Legs Only

5 x rounds
10 PUSH UPS
10 CRUNCHES
10 BURPEES

Sparring Grading Syllabus Kids Purple Belt – For Tip 3

All Students to own a full sparring kit including gumsheild. It is reccomended that students have been sparring for at least a year before sitting this grading - to take place during sparring in class time

Fitness and Strength Test

Sparring round time : 1.30 minutes – Hands and Legs

5 x rounds
15 PUSH UPS
15 CRUNCHES
15 BURPEES