

# Grading Syllabus

## Adult Yellow Belt --> Yellow Stripe Belt

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

### Fitness and Strength Test

Skipping 5 minutes

2 Rounds of the following

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

### Stretching

Allow students 3 minutes to stretch themselves out. Marked on effort and ability

### Technical Test – (Only Left stance to be tested)

- Lead hook
- Rear hook
- Double hook (lead, rear)
- Double lead hook – body, head
- Double rear hook – body, head
- Jab, cross, double hook
- Jab, lead hook
  
- Lead shin block
- Rear shin block
- Lead leg axe Kick
- Rear leg axe kick
- On the spot axe kick
- Lead leg front kick, rear leg axe kick
- Lead leg axe kick, Rear axe kick
- 

### Technical Test – Combos (Both sides to be tested)

- Jab, cross, lead leg axe kick
- Jab, cross, hook, lead leg side kick, lead leg axe kick
- Lead leg axe kick, jab, lead hook, lead leg side kick
- Jab, cross, lead shin block, cross
- Lead leg front kick, jab, cross, rear leg axe kick