

Grading Syllabus - Kids

Orange Belt --> Orange Stripe Belt

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

Fitness and Strength Test

- 10 Push ups
- 10 Crunches
- 10 Burpees

Stretching Test

Instructors choice - Marked on effort

Technical Test (Test one side only)

- Lead rideghand strike
- Rear rideghand strike
- Double rideghand 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