

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 jab cross, on focus pads
- 1 minute of power rear front kicks, on kickshields

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, rear front kick

Fitness Test- Kickboxing

- 1 minute of power jab cross, on focus pads
- 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 (Twist lead foot & Rotate your body before you throw it, keep guard tight)
- Rear hook (Twist rear foot)
- 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
- 1 minute of power double hooking punches, on focus pads

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 (Land axe kick in front)

Defending Combos Test (Test orthodox only) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead Axe kick, cross, lead block, cross

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 & twist your lead foot)

· Rear rideghand strike (Twist your rear foot)

· 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 lead low kick (Knee to elbow, guard high)

· Checking rear low kick (DO NOT STEP UP, Knee to elbow, guard high)

Fitness Test- Kickboxing

· 1 minute of power jab cross, double hook, on focus pads

· 1 minute of rear 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-

- Lead round kick, cross, lead check, cross

Fitness Test- Kickboxing

- 1 minute of power Jab Cross, double hooks, on focus pads
- 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 2 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, lead hook, rear power round kick

Fitness Test- Kickboxing

- 1.30 minutes of focus pad work, with a partner. You are being tested on your pad feeding ability. Confidence, Volume & movement
- 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 2 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 & sparring kit

Fitness and Strength Test

2 minutes skipping to warm up. (First time being tested on skipping)

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

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

- 2 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 & 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-

· Jab, Cross, hook, rear inside crescent kick

· Jab, Cross, Hook, Side kick, 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-

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

Fitness Test- Kickboxing

· 1 minute of elbow strikes, on kicksheilds

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

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

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

Grading Syllabus - Kids

Blue Belt --> Blue Stripe Belt

Students to grade privately, outside of class time

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

- 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 body shots, on focus pads.
- 1 minute of power kicks, on kickshields. Coach to change kick intermittently

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

- 2 x 2 min round (Head guards & gum sheilds to be worn)

Grading Syllabus - Kids

Blue Stripe Belt --> Purple Belt

Students to grade privately, outside of class time

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

- 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

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, switch round kick, Cross

Fitness Test- Kickboxing

- 1 minute of power body shots, on focus pads.

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

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

- 2 x 2 min round (Head guards & gum sheilds to be worn)

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, Month 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, Month 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, Month 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 privately, outside of class time

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 full run up

· 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 away &

· 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 privately, outside of class time

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 (This is your first time board breaking, make use of Saturday open mats to practice)

Side kick

Elbow Strike (Pad allowed)

Kids Grading Syllabus

Brown Belt --> Brown Stripe Belt

Students to grade privately, outside of class time

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 privately, outside of class time

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, 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 privately. Book & pay grading fee
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 or thrown in at random by the instructor

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

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.

Ofitness Test Section - 15 mins

Any of the fitness tests from previous grading

Black Belt Conditioning

Burpees 3 minutes. Minimum 45

Hold a horse riding stance until failure

Board Breaking - Power

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

Board Breaking - Technical

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

8 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
Black Belt Conditioning
Dead men 3 minutes. Minimum 20
Hold a horse riding stance until failure
Hold a plank until failure
Power Test
· 3 minutes of full contact kicking - Kickshields
Board Breaking - Power
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
Board Breaking - Technical
Students to break using the following techniques.
Whirlwind kick
Spinning Hook Kick
360 Hook Kick
360 Axe Kick
Fitness test
Students to run 3km in fastest time possible

Grading Syllabus

Kids Black Belt 3rd Dan

You have a small grading on the annual black belt day, it consists of a small fitness test, followed by finesed kicks. The majority of your grading is about commitment to the sport. Once you have finished your technical grading you are invited to join the panel to judge the others while the finish theirs.

Students to have trained consistantly for two years since achieving 2nd Dan

Fitness and Strength Test

30 Explosive Push ups 30 V-Sits 30 Dead Men

90 seconds rest

20 Explosive Push ups 20 V-Sits 20 Dead Men

60 seconds rest

10 Explosive Push ups 10 V-Sits 10 Dead Men

Stretching

Allow students 5 minutes to stretch themselves out

Kicking Test In the Air- Both sides to be tested -

This section is about the ability to put spinning kicks together, footwork & setting up the 2nd kick

- Spinning hook kick, spinning hook kick
- Spinning hook kick, whirlwind kick
- Whirlwind kick, Whirlwind kick
- 360 inside crescent kick, spinning back kick
- Spinning outside crescent kick, spinning inside crescent kick
- Spinning hook kick, Spinning hook kick, Whirlwind Kick
- Whirlwind kick, spinning hook kick, Whirlwind kick

Student to bow out and join the instructors on the panel. End of Grading

Attacking Punches

· Jab
· Cross
· Backfist
· Jab, cross
· Lead hook
· Rear hook
· Double hook (Lead, rear)
· Lead rideghand strike
· Rear rideghand strike
· Double rideghand strike (lead, rear)
· Lead Palm Strike
· Rear palm strike
· Double Palm Strike
· Spinning backfist (Complete the circle)
· Lead elbow strike (Guard high)
· Rear elbow strike (Guard high)
· Lead uppercut
· Rear uppercut
· Double uppercut (lead, rear)
· Liver shot
· Spleen shot

Attacking Kicks

· Lead front kick (Step up)
· Rear front kick (land it back)
· Lead axe Kick (Step up)
· Rear axe kick (Land in front)
· Lead side kick (Step up)
· Lead round kick (High - step up)
· Rear round kick (Power - Mid)
· Rear low kick (attacking partners lead outside thigh)
· 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
· 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)
· 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)
· 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 full run up
· Flying side kick with one step
· 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
· Spinning front kick rear leg
· Spinning front kick lead leg
· Step through spinning front kick lead leg
· Jumping spinning front kick lead leg

Defending Test

· Block a straight punch (head height)
· Block a hooking punch (Head height)
· Checking lead low kick (Knee to elbow, guard high)
· Checking rear low kick (DO NOT STEP UP, Knee to elbow, guard high)
· Block body punches - attacker attacks at random. Jab, Cross or Hooks
· Rolling hooking punches
· Blocking uppercuts
· 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 & low kick
· Catching body round kicks (same side arm) & low kick
· Universal block against a side kick
· Low scoop front kicks -opening partner up & body shot
· Parry head height round kicks (Keep other guard tight)
· Deflect an axe kick (rear glove & shoulder cover)

Attacking Combos

· Jab, cross, lead front kick
· Jab, jab, rear front kick
· Jab, cross, lead hook, Side kick
· Jab, jab, rear axe kick (Land axe kick in front)
· Jab, Cross, lead round kick (head height)
· Cross, Hook, rear round kick (body)
· Jumping front kick (lead leg bicycle) Cross, Hook, Cross
· Lead hooking kick, Backfist, Cross
· Jab, Cross, hook, rear inside crescent kick
· Jab, Cross, Hook, Side kick, Jumping spinning inside crescent kick
· Jab, Cross, hook, Jumping spinning outside crescent kick
· Bicycle outside crescent kick, Cross, Hook, Cross
· Jab, Cross, Jumping round kick bicycle lead leg
· Lead front kick, Cross, Double knee strike
· 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
· Jab, Cross, hook, cross, 360 jumping spinning outside crescent kick

Defending Combos

· Jab, cross, block a jab, rear front kick
· Lead Axe kick, cross, lead block, cross
· Lead round kick, cross, lead check, cross
· Cross, Hook, Roll a rear hook, lead hook, rear power round kick
· Jab, Cross, slip a jab, Cross (Scoop a rear front kick) Low kick,
· (Scoop lead front kick to open), Spleen shot, Cross, switch round kick, Cross
· Jab, Cross (catch a lead round kick opposite side)
· Jab, Cross (catch a lead round kick opposite side) throw off & low kick
· Jab, Cross, Lead check, Cross, Hook (Catch a rear round kick opposite arm) throw off and low kick to back of thigh
· 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

· 1 minute of power jab cross, on focus pads
· 1 minute of power rear front kicks, on kicksheilds
· 1 minute of power side kicks, on kicksheilds
· 1 minute of power double hooking punches, on focus pads
· 1 minute of power jab cross, double hook, on focus pads
· 1 minute of rear power round kicks, on kicksheilds
· 1 minute of jumping front kicks, on pads (student to choose type)
· 1 minute of elbow strikes, on kicksheilds
· 1 minute of switch step power round kicks, on kicksheilds
· 1 minute of power body shots, on focus pads.
· 1 minute of power kicks, on kicksheilds. Coach to change kick intermittently
· 2 minutes of pad work with a partner
· 1 minute of power kicks, on kicksheilds. Coach to change kick intermittently
· 2 minutes of pad work with a partner

Board Breaking

Side kick
Elbow Strike (Pad allowed)
Cross punch
Round kick
Jab
Spinning Back Kick, all versions