

Grading Syllabus - Kids

Green Stripe Belt --> Blue Belt

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

Fitness and Strength Test

3 minutes skipping to warm up

- 20 Push ups
- 20 Crunches
- 20 Burpees
- 20 Alternate Leg Thrusts

Stretching Test

Instructors choice - Marked on effort

Technical Test – (Both sides to be tested)

- Spinning backfist
- Lead elbow strike (with head cover)
- Rear elbow strike (with head cover)
- Jab, cross, lead elbow
- Jab, cross, double elbow
- Backfist, spinning backfist

- Lead leg inside crescent kick
- Rear leg inside crescent kick
- Jumping inside crescent kick bicycle lead leg
- Jumping inside crescent kick bicycle rear leg
- Spinning inside crescent kick (leg leg)
- Step through spinning inside crescent kick (rear leg)
- Jumping spinning inside crescent kick (lead leg)
- Step through jumping spinning inside crescent kick (rear leg)

Technical Test – Combos (Both sides to be tested)

- Jab, Cross, lead elbow
- Jab, cross, rear leg inside crescent kick
- Lead leg axe kick, backfist, spinning backfist
- Jab, Cross, bicycle jumping inside crescent kick rear leg
- Jab, cross, lead ridgehand, spinning inside crescent kick
- Hook, cross, hook, jumping spinning inside crescent kick