

Grading Syllabus - Kids

Red Stripe Belt --> Green Belt

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

Fitness and Strength Test

Students to purchase a skipping rope for next grading

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

Stretching Test

Instructors choice - Marked on effort

Technical Test – (Both sides to be tested)

- Lead uppercut
- Rear uppercut
- Double uppercut (lead, rear)
- Double lead uppercut – Body, head
- Double rear uppercut – Body, head
- Jab, Cross, Hook, Uppercut
- Jab, Cross, Double Hook
- Jab, Lead Hook

- Lead leg hooking kick
- On the spot hooking kick
- Lead leg side kick, lead leg hooking kick
- Lead leg hooking kick, rear leg front kick

- Jumping front kick bicycle lead leg
- Jumping front kick bicycle rear leg
- Jumping front kick pop up lead leg
- Jumping front kick pop up rear leg
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Technical Test – Combos (Both sides to be tested)

- Lead leg round kick, (bounce) hooking kick
- Jab, cross, double uppercut, jumping front kick bicycle action lead leg
- Lead leg front kick, jab, cross, pop up rear leg jumping front kick
- Jab, rear ridgehand strike, jab, pop up action jumping front kick, lead leg
- Jumping front kick rear leg bicycle action, rear power round kick, lead leg side kick, lead leg hooking kick