

Kids Grading Syllabus

Double Brown Belt --> 1st Tip

All Students to be in full uniform including belts and correct footwear - Students to grade on Saturdays - Fee applies to be paid on the day

Fitness and Strength Test

5 minutes skipping to warm up

- 30 Push ups
- 30 Crunches
- 30 Burpees

(2 minutes recovery)

- 20 Push ups
- 20 Crunches
- 20 Burpees

Stretching Test

Instructors choice - Marked on effort

Technical Test – (Both sides to be tested) **PADS AND AIR**

- Spinning front kick rear leg
- Spinning front kick lead leg
- Step through spinning front kick lead leg
- Step through spinning front kick rear leg
- Made up combos x10 to instructors call (5 minute timer to be set)

- Student to design a 10 punch and kick combo including footwork, realism, and energy. Write in full and present to the instructor on the day

Technical Test – Combos followed by pad work (Both sides to be tested)

- Student to hit the air with their 10 punch and kick combo for 2 minutes

Drill work

- **Hands only – full power – 2 minutes, straight into**
- **Legs only on kickshields – full power – 2 minutes, straight into**
- **Hands and legs – full power – 2 minutes**

Board breaking

Spinning Hook kick

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