Grading Syllabus - Adults

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

Skipping 2 minutes

2 Rounds of the following

- 10 Push ups
- 10 Sit ups
- 10 Star jumps

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

30 seconds of shadow boxing

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
- Lead leg side kick
- Lead round kick (High - step up)
- Switch lead round kick (Power - Mid)
- Rear leg round kick (Power, mid section)
- Rear leg round kick (Low section)

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

Grading Syllabus - Adults

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

Skipping 2 minutes

3 Rounds of the following

- 10 Push ups
- 10 Sit ups
- 10 Star jumps

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Students to purchase shinnies for next grading

Recap

Coach to recap things from White Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Shadow Boxing

30 seconds of shadow boxing

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

- Lead front kick, cross, rear round kick
- Jab, jab, rear round kick (land it back), rear round kick low

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

- Jab, cross, block a jab, rear round kick
- Jab, cross, block a jab, rear front kick

Fitness Test- Kickboxing

- 1.30 minutes of power rear front kicks, on kicksheilds
- 1 minute of power jab cross, on focus pads

Grading Syllabus - Adults

Yellow Belt --> Yellow 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 - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

2 Rounds of the following

- 10 Wide Grip push ups
- 10 Crunches
- 10 Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

45 seconds of shadow boxing

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 lead hook – body, head
- Double hook (Lead, rear)
- Lead axe Kick (Step up)
- Rear axe kick (Land in front)

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)
- Checking kicks

Fitness Test- Kickboxing

- 1 minute of power side kicks, on kicksheilds
- 1 minute of power double hooks, on focus pads

Grading Syllabus - Adults

Yellow Stripe Belt --> Orange 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 - T-shirts tucked into your shorts

Fitness and Strength Test

Skipping 2 minutes

3 Rounds of the following

- 10 Wide Grip push ups
- 10 Crunches
- 10 Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Recap

Coach to recap things from Yellow Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Shadow Boxing

45 seconds of shadow boxing

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, rear round kick
- Jab, cross, lead axe kick, lead side kick
- Lead leg front kick, cross, hook, cross

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

- Jab, cross, defend lead hook (strong), cross
- Lead front kick, cross, hook, cross, lead check

Fitness Test- Kickboxing

- 1.30 minutes of power side kicks, on kicksheilds
- 1 minute of power double hooks, on focus pads

Grading Syllabus - Adults

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

Skipping 2 minutes – to a good pace

2 Rounds of the following

- 10 Narrow Grip Push ups - Elbows to touch sides
- 10 Crunches
- 10 Jumping Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1 minute of shadow boxing

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead uppercut (Rock the boat)
- Rear uppercut (Body mechanics)
- Double uppercut (lead, rear)
- Liver shot (Dip shoulder before you throw it, load heavy on the leg, then rip up)
- Spleen shot (Dip shoulder before you throw it, load heavy on the leg, then rip up)
- Switch - lead low kick (Keep lead shoulder at front)
- Lead leg hooking kick (Step up)

Defending Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Slipping a straight punch (slip to their outside shoulder)

Fitness Test- Kickboxing

- 1 minute of power body shots, on focus pads
- 1 minute of power round kicks, on kicksheilds

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

- 1 min round.No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

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

Skipping 2 minutes – to a good pace

3 Rounds of the following

- 10 Narrow Grip Push ups - Elbows to touch sides
- 10 Crunches
- 10 Jumping Squats

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1 minute 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Cross, hook, cross, switch step round kick
- Lead axe kick, Cross, uppercut, cross, switch round kick
- Lead hooking kick, cross, hook, spleen shot

Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Jab, Cross, Slip, Cross, lead uppercut

Fitness Test- Kickboxing

- 1 minute of power body shots, on focus pads
- 1.30 minute of power round kicks, on kicksheilds

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

- 1 min round. No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

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

Fitness and Strength Test

Skipping 2 minutes – to include alternating legs

2 Rounds of the following

- 10 Explosive Push ups
- 10 Leg Raises
- 10 Jumping Lunges (left and right)

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

1.30 minutes of shadow boxing

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Lead rideghand strike (Rotate your body before you throw it)
- Rear rideghand strike
- Double rideghand strike (lead, rear)
- Jumping front kick bicycle lead leg (head height)
- Jumping front kick pop up rear leg (Land your kicking leg in front)
- Jumping front kick pop up lead leg (Land your kicking leg in front)

Defending Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Block body hooks - attacker attacks at random either side
- Block body - Jab / Cross - attacker attacks at random either side
- Rolling a head hook - attacker attacks at random either side
- Block an uppercut (sink into punch) - attacker attacks at random either side

Fitness Test- Kickboxing

- 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
- 1.30 minute of jumping front kicks

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

- 2 min round.No head shots. Body and leg sparring (hands & legs)

Grading Syllabus - Adults

Red Stripe Belt --> Green Belt

Shin pads, gloves & pads needed to grade

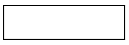
Correct colour belt & tied correctly

Pre registered to grade on website

Check the start time of your grading

Full uniform

Fitness and Strength Test
Skipping 2 minutes – to include alternating legs
3 Rounds of the following
· 10 Explosive Push ups
· 10 Leg Raises
· 10 Jumping Lunges (left and right)
Stretching Test
Allow students 2 minutes to stretch themselves out. Marked on effort and ability
Shadow Boxing
1.30 minutes 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 orthadox and southpaw)This can be in the air, on pads or both - Instructors choice.Test between 5-10
· Jumping front kick (lead leg bicycle) Cross, Hook, Cross, liver shot
· Jab, cross, uppercut, cross, pop up rear front kick
Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10
· Cross, hook, roll, hook, rear round kick
· Jab, Cross, Block a lead body hook, cross (catch & counter style)
· Jab, Cross, hook, Block a lead body hook, (ride with it) lead hook
Fitness Test- Kickboxing
· 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
· 1.30 minute of jumping front kicks
Sparring - Coach to split group if needed (some watch, some spar)
· 2 min round.No head shots. Body and leg sparring (hands & legs)



Grading Syllabus - Adults

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 & optional sparring kit

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

60 seconds

- Push ups
- V Sits
- Lunges (left and right)

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Spinning backfist
- Lead elbow strike (Guard high)
- Rear elbow strike (Guard high)
- 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 (lead leg)

Defending Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Slipping a striaght shot (slip to their outside shoulder)
- Block body round kicks - attacker attacks at random either side
- Low scoop front kicks - turning partner away- counter with a low kick

Fitness Test- Kickboxing

- 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
- 1.30 minute of rear elbows

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

- Hands & Legs sparring - with head shots. 2 x 2 min rounds. 1 min rest

Grading Syllabus - Adults

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 & optional sparring kit

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds. Set 2 = 20 seconds

- Push ups
- V Sits
- Lunges (left and right)
- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Jab, Cross, hook, rear inside crescent kick
- Jab, Cross, Hook, Side Kick, Jumping spinning inside crescent kick
- Jab, Cross, lead hook, lead hook, cross, bicycle inside crescent kick.

Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- (Partner throws a lead body round kick) Block, Rear uppercut, Lead hook, Cross, switch step round kick

Fitness Test- Kickboxing

- 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
- 1.30 minute of rear elbows

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

- Hands & Legs sparring - with head shots. 2 x 2 min rounds. 1 min rest

Grading Syllabus - Adults

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

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds Set 2 = 30 seconds.

- Explosive Push ups
- Crunches
- Burpees
- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins of shadow boxing

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Lead Palm Strike
- Rear palm strike
- Double Palm Strike
- 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Catch body round kicks (same side arm - Move with the kick to absorb power, spare glove parry the knee, to open partner)
- Low scoop front kicks -opening partner up

Fitness Test- Kickboxing

- 1.30 minute of double palm strikes
- 1.30 minute of bicycle outside crescent kicks

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

- Hands & Legs sparring - with head shots. 3 x 2 min rounds. 1 min rest

Grading Syllabus - Adults

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

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds Set 2 = 30 seconds. Set 3 = 20 seconds

- Explosive Push ups
- Crunches
- Burpees
- Rest to match workout time

Stretching Test

Allow students 2 minutes to stretch themselves out. Marked on effort and ability

Shadow Boxing

2 mins 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Rear outside crescent kick, (land it back) Cross, Spleen shot, rear uppercut, roll to reset
- Jab, Cross, Hook, Jumping spinning outside crescent kick

Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Partner throws rear front kick, Lead scoop to open partner up, Spleen shot, Cross, rear front kick

Fitness Test- Kickboxing

- 1.30 minute of double palm strikes
- 1.30 minute of bicycle outside crescent kicks

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

- Hands & Legs sparring - with head shots. 3 x 2 min rounds. 1 min rest

Adults Sparring Grading Syllabus
Purple Belt – For Tip 1

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwear. They can be sat at a speed of 1 per month if desired. 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

5 rounds of HANDS & LEGS sparring
2 minute rounds

To complete after each round end
10 x Push ups
10 x Crunches
10 x Burpees

30 seconds REST - Fresh partner each round

Adults Sparring Grading Syllabus
Purple Belt – For Tip 2

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwear. They can be sat at a speed of 1 per month if desired. 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

5 rounds of HANDS & LEGS sparring
Fresh partner each round
2 minute rounds

To complete after each round end
10 x Dead man
15 x Explosive Push ups
15 x Tuck jumps

30 seconds REST - Fresh partner each round

Adults Sparring Grading Syllabus
Purple Belt – For Tip 3

Sparring gradings take place during class time. All Students to be in full uniform including belts and correct footwearThey can be sat at a speed of 1 per month if desired. 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

5 rounds of HANDS & LEGS sparring
Fresh partner each round
2 minute rounds

To complete after round 1 = 1 minute Push ups
To complete after round 2 = 1 minute of Dead man
To complete after round 3 = 1 minute of crunches
To complete after round 4 = 1 minute of Burpees
To complete after round 5 = 1 minute of Alternate Leg Thrusts

Grading Syllabus - Adults

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

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds Set 2 = 30 seconds.

- Tuck jumps – (minimum 35)
- Flutter legs
- Dead man (Minimum of 18)
- Rest

Rest to match workout time

Stretching Test

Instructors choice - Marked on effort

Shadow Boxing

2 minutes of shadow boxing

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- 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 - One step motion
- Flying side kick - Full run up

Defending Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- Catch body round kicks (Catch with opposite side. Same side arm to block). Step back & Guide off to turn partner
- Block & parry round kicks (any height)

Fitness Test- Kickboxing

- 1.30 minute of the above jumping kicks

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

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Grading Syllabus - Adults

Purple Stripe Belt --> Brown Belt

Students to grade privately. 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 & kit

Students must be coaching in lessons

Fitness and Strength Test

Skipping 2 minutes – to include double jumps

Set 1 = 60 seconds	Set 2 = 30 seconds.	Set 3 = 20 seconds
· Tuck jumps – (minimum 35)		
· Flutter legs		
· Dead man (Minimum of 18)		
· Rest		

Rest to match workout time

Stretching Test

Instructors choice - Marked on effort

Shadow Boxing

2 minutes 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

· Jumping round kick bicycle lead leg, cross, hook, (reload) lead hook, cross

· Jab, Cross, Hook, Jumping round kick pop up rear leg

Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between

· Jab, Cross, Hook, Cross (Attacker throws rear round kick) Catch with opposite side arm, throw / guide off & low kick the standing leg

· Attacker throws lead round kick to the head, Block & parry, Cross, Hook, Cross, Liver shot, head hook

Fitness Test- Kickboxing

· 1.30 minute of the above jumping kicks

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

· Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Board breaking

Grading Syllabus - Adults

Brown Belt --> Brown Stripe Belt

Students to grade privately. Outside of class time

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 & kit

Students must be coaching in lessons

Fitness and Strength Test
Skipping 2 minutes – to include double jumps
· 100 push ups
· 100 crunches
· 50 burpees
Stretching Test
Instructors choice - Marked on effort
Attacking Test (Test orthadox 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 orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test
· Deflect an axe kick (rear glove & shoulder cover)
· Universal block against straight body kicks - front kicks & side kicks (Engage rear elbow forwards)
Fitness Test- Kickboxing
· 1.30 minute of jumping back kick, into a burpee
Sparring - Coach to split group if needed (some watch, some spar)
· Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest
Board breaking
Jab (padding allowed)
Cross (padding allowed)
Elbow (padding allowed)

Grading Syllabus - Adults

Brown Stripe Belt --> Double 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

- 35 Push ups
- 35 Crunches
- 35 Burpees

Catch your breath

- 25 Push ups
- 25 Crunches
- 25 Burpees

Stretching Test

Instructors choice - Marked on effort

Recap

Coach to recap things from Brown Belt grading - 3 to 5 reps - if substandard coach to not continue grading

Attacking Combos Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Jab, Cross, Axe kick, Side kick, Spinning back kick
- Cross, Hook, Rear round kick, jumping spinning back kick
- Jab, Cross, hook, 360 jumping spinning outside crescent kick

Defending Combo Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-

- Jab, Cross, Block a lead hook, Cross (catch & counter style), Switch step lead knee strike, Rear elbow
- Lead check, Cross, Hook, Catch a rear round kick (alternate arm catch) throw off and low kick to back of thigh

Skill Test- Kickboxing

- 1.30 minute of double round kicks (without putting your foot down)

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

- Hands & Legs sparring - with head shots. 2 minute rounds x 2. 1 min rest

Board breaking

Spinning back kick

Jumping spinning back kick

Grading Syllabus - Adults

Double Brown Belt --> 1st Tip

This is your final grading before your black belt - Students to grade privately

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

Skipping rope & full sparring kit

Fitness and Strength Test

2 minutes skipping to warm up

- 35 Push ups
- 35 Crunches
- 35 Burpees

Catch your breath

- 25 Push ups
- 25 Crunches
- 25 Burpees

Catch your breath

- 15 Push ups
- 15 Crunches
- 15 Burpees

Stretching Test

Instructors choice - Marked on effort

Attacking Test (Test orthadox and southpaw) This can be in the air, on pads or both - Instructors choice. Test between 5-10

- 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 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

- Sparring, 2 min rounds, 10 push ups, crunches burpees inbetween (x3)

Re test

- Technique test - anything can be re retested from previous gradings White Belt to brown belt

Board breaking

3 x double board breaks, student to choose technique

Fitness

- 5km timed run (aiming for sub 30 mins)

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

Attacking Punches
· Jab
· Cross
· Backfist
· Jab, cross
· Lead hook (Twist lead foot, Rotate your body before you throw it & keep guard tight)
· Rear hook (Twist rear foot)
· Double lead hook – body, head
· Double hook (Lead, rear)
· Lead uppercut (Rock the boat)
· Rear uppercut (Body mechanics)
· Double uppercut (lead, rear)
· Liver shot (Dip shoulder before you throw it, load heavy on the leg, then rip up)
· Spleen shot (Dip shoulder before you throw it, load heavy on the leg, then rip up)
· Lead rideghand strike (Rotate your body before you throw it)
· Rear rideghand strike
· Double rideghand strike (lead, rear)
· Spinning backfist
· Lead elbow strike (Guard high)
· Rear elbow strike (Guard high)
· Lead Palm Strike
· Rear palm strike
· Double Palm Strike

Attacking Kicks
· Lead front kick (Step up)
· Rear front kick
· Lead leg side kick
· Lead round kick (High - step up)
· Switch lead round kick (Power - Mid)
· Rear leg round kick (Power, mid section)
· Rear leg round kick (Low section)
· Lead axe Kick (Step up)
· Rear axe kick (Land in front)
· Switch - lead low kick (Keep lead shoulder at front)
· Lead leg hooking kick (Step up)
· Jumping front kick bicycle lead leg (head height)
· Jumping front kick pop up rear leg (Land your kicking leg in front)
· Jumping front kick pop up lead leg (Land your kicking leg in front)
· 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 (lead 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 - One step motion
- Flying side kick - Full run up
- 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 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 kicks
· Slipping a straight punch (slip to their outside shoulder)
· Block body hooks - attacker attacks at random either side
· Block body - Jab / Cross - attacker attacks at random either side
· Rolling a head hook - attacker attacks at random either side
· Block an uppercut (sink into punch) - attacker attacks at random either side
· Slipping a striaght shot (slip to their outside shoulder)
· Block body round kicks - attacker attacks at random either side
· Low scoop front kicks - turning partner away- counter with a low kick
· Catch body round kicks (same side arm)
· Low scoop front kicks -opening partner up
· Catch body round kicks (Catch with opposite side)
· Block & parry round kicks (any height)
· Deflect an axe kick (rear glove & shoulder cover)
· Universal block against straight body kicks - front kicks & side kicks (Engage rear elbow forwards)

Attacking Combos
· Lead front kick, cross, rear round kick
· Jab, jab, rear round kick (land it back), rear round kick low
· Jab, cross, lead Hook, rear round kick
· Jab, cross, lead axe kick, lead side kick
· Lead leg front kick, cross, hook, cross
· Cross, hook, cross, switch step round kick
· Lead axe kick, Cross, uppercut, cross, switch round kick
· Lead hooking kick, cross, hook, spleen shot
· Jumping front kick (lead leg bicycle) Cross, Hook, Cross, liver shot
· Jab, cross, uppercut, cross, pop up rear front kick
· Jab, Cross, hook, rear inside crescent kick
· Jab, Cross, Hook, Side Kick, Jumping spinning inside crescent kick
· Jab, Cross, lead hook, lead hook, cross, bicycle inside crescent kick.
· Jumping round kick bicycle lead leg, cross, hook, (reload) lead hook, cross
· Jab, Cross, Hook, Jumping round kick pop up rear leg
· Jab, Cross, Axe kick, Side kick, Spinning back kick
· Cross, Hook, Rear round kick, jumping spinning back kick
· Jab, Cross, hook, 360 jumping spinning outside crescent kick

Defending Combos
· Jab, cross, block a jab, rear round kick
· Jab, cross, block a jab, rear front kick
· Jab, cross, defend lead hook (strong), cross
· Lead front kick, cross, hook, cross, lead check
· Jab, Cross, Slip, Cross, lead uppercut
· Cross, hook, roll, hook, rear round kick
· Jab, Cross, Block a lead body hook, cross (catch & counter style)
· Jab, Cross, hook, Block a lead body hook, (ride with it) lead hook
· (Partner throws a lead body round kick) Block, Rear uppercut, Lead hook, Cross, switch step round kick

· Jab, Cross, Hook, Cross (Attacker throws rear round kick) Catch with opposite side arm, throw / guide off & low kick
· Attacker throws lead round kick to the head, Block & parry, Cross, Hook, Cross, Liver shot, head hook
· Jab, Cross, Block a lead hook, Cross (catch & counter style), Switch step lead knee strike, Rear elbow
· Lead check, Cross, Hook, Catch a rear round kick (alternate arm catch) throw off and low kick to back of thigh

Fitness Test- Kickboxing
· 1.30 minutes of power rear front kicks, on kicksheilds
· 1 minute of power jab cross, on focus pads
· 1.30 minutes of power side kicks, on kicksheilds
· 1 minute of power double hooks, on focus pads
· 1 minute of power body shots, on focus pads
· 1.30 minute of power round kicks, on kicksheilds
· 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
· 1.30 minute of jumping front kicks
· 2 minutes of focus pad work with partner (You're being marked on your pad feeding ability)
· 1.30 minute of rear elbows
· 1.30 minute of double palm strikes
· 1.30 minute of bicycle outside crescent kicks
· 1.30 minute of the above jumping kicks
· 1.30 minute of jumping back kick, into a burpee
· 1.30 minute of double round kicks (without putting your foot down)

Board Breaking
Side Kick
Round Kick
Hooking Kick
Jumping side kick, pop up action
Jumping side kick, bicycle action
Jab (padding allowed)
Cross (padding allowed)
Elbow (padding allowed)
Spinning back kick (All types)
3 x double board breaks, student to choose technique

Grading Syllabus
Adults **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
35 Push ups 35 Crunches 35 Burpees
2 minutes rest
25 Push ups 25 Crunches 25 Burpees
1 minute Rest
15 Push ups 15 Crunches 15 Burpees
Stretching
Allow students 5 minutes to stretch themselves out
Kicking Test In the Air- Both sides to be tested -
· Reverse Tunring 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 Tunring 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 Techniqiues 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 Techniqiues from White to Double Brown Belt
Sparring technical

5 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
Burpees 3 minutes. Minumum 45
Hold a horse riding stance until failure
Board Breaking - Power
Students to break using the folowing techniques. Board difficulty instructors choice
Side kick
Round Kick
Hooking Kick
Jab
Cross
Elbow Stirke - padding allowed
Spinning Back Kick
Jumping Spinning Back Kick
Board Breaking - Technical
Students to break using the folowing techniques.
Whirlwind kick
Reverse Turning Kick
Spinning Axe Kick
Jumping Spinning Axe Kick

Grading Syllabus
Adults **Black Belt 2nd Dan**

All Students to be in full uniform - Grading fee to be pre paid.
Students to have trainied consistantly for one year since achieving 1st Dan
Fitness and Strength Test
35 Push ups 35 Crunches 35 Burpees
2 minutes skipping
25 Push ups 25 Crunches 25 Burpees
1 minute skipping
15 Push ups 15 Crunches 15 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 Techniqiues 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 Techniqiues 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
· Student to show same combo, but on pads. Make sure to have a pad feeder on your grading day. We advise
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. Minumum 20. With weight
Hold a plank until failure
Power Test
· 3 minutes of full contact kicking - Kickshields
Board Breaking - Power
Students to break using the folowing techniques. Board difficulty instructors choice
Side kick
Round Kick
Hooking Kick
Hooking Punch
Cross
Elbow Stirke - padding allowed
Jumping Spinning Back Kick
360 Jumping Spinning Back Kick
Board Breaking - Technical
Students to break using the folowing techniques.
Whirlwind kick
Spinning Hook Kick
360 Hook Kick
360 Axe Kick
Fitness test
Students to run 5km in fastest time possible (Aim for sub 30)

Grading Syllabus
Adults 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 trainied 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