

1st Grade Red Belt

Punches

1. Jab, Cross Punch
2. Backfist, Reverse Punch
3. Hook Punch (Lead Arm Head), Uppercut (Back Arm)

Kicks

4. Front Kick (Lead Leg)
5. Side Kick (Lead Leg)
6. Roundhouse Kick (Lead Leg)
7. Hook Kick (Lead Leg)

Combinations

8. Front Kick (Lead Leg), Jab, Cross Punch
9. Roundhouse Kick (Lead Leg), Backfist, Reverse Punch

Self Defence

Evasive Blocking & Movement

Focus Mitts

P - Jab, Cross Punch

Bag Work

2x 1 Minute Rounds

Fitness

10x Press Ups, 15x Sit-Ups, 20x Alternating Squat Thrusts

Sparring

Shadow Sparring (Non Contact)

2nd Grade Yellow Belt

Punches

1. Step Through Jab, Cross Punch
2. Step Through Backfist, Reverse Punch
3. Step Through Hook Punch (Lead Arm Head), Uppercut (Back Arm)

Kicks

4. Front Kick (Back Leg Coming Forward)
5. Side Kick (Back Leg Coming Forward)
6. Roundhouse Kick (Back Leg Coming Forward)
7. Hook Kick (Back Leg Coming Forward)

Combinations

8. Jab, Reverse Punch, Roundhouse Kick (Back Leg Coming Forward)
9. Front Kick (Lead Leg), Step Through Backfist, Reverse Punch

Self Defence

Striking & Escapes

Focus Mitts

P - Hook Punch (Lead Arm Head), Uppercut (Back Arm)

K - Roundhouse Kick (Lead Leg)

Bag Work

2x 1 Minute Rounds

Fitness

15x Press Ups, 20x Sit-Ups, 1 Minute Star Jumps

Sparring

Defending Only

Attacking Only

3rd Grade Orange Belt

Punches

1. Sliding Jab Punch (Lead Arm)
2. Sliding Backfist (Lead Arm), Reverse Punch
3. Sliding Hook Punch (Lead Arm Head), Uppercut (Back Arm)

Kicks

4. One Step Front Kick
5. One Step Side Kick
6. One Step Roundhouse Kick
7. One Step Hook Kick

Combinations

8. Sliding Jab (Lead Arm), Reverse Punch, One Step Axe Kick (Lead Leg)
9. One Step Side Kick, Backfist, Reverse Punch

Self Defence

Striking & Escapes

Focus Mitts

P - Backfist (Lead Arm), Reverse
K - Hook Kick (Lead Leg)

Bag Work

3x 1 Minute Rounds

Fitness

20x Press Ups, 30x Star Jumps, Straddle Stance (1 Minute)

Sparring

Combination Sparring

4th Grade Green Belt

Punches

1. Sliding Double Jab (Lead Arm)
2. Backfist (Lead Arm), Ridge Hand (Back Arm)
3. Double Hook Punch (Lead Arm Body Head), Uppercut (Back Arm), Hook Punch (Lead Arm)

Kicks

4. Sliding Front Kick (Lead Leg)
5. Sliding Side Kick (Lead Leg)
6. Sliding Roundhouse (Lead Leg)
7. One Step Hook Kick (Lead Leg)

Combinations

8. Sliding Roundhouse Kick (Lead Leg), Backfist (Lead Arm), Reverse Punch
9. Double Hook Punch (Lead Arm Body Head), Uppercut (Back Arm), Hook Punch (Lead Arm), Sliding Side Kick (Lead Leg)

Self Defence

Defensive Locks and Holds
2B, 3B & 4B Drills

Focus Mitts

P - Double Jab (Lead Arm Movement Distance)
C - Roundhouse Kick (Lead Leg), Backfist (Lead Arm)

Bag Work

3x 1 Minute Rounds

Fitness

30x Sit Ups, 20x Press Ups, 30x Squat Thrusts
(Two Minute Time Limit)

Sparring

Attacking Hands Only
Attacking Legs Only

5th Grade Blue Belt

Line Work Conducted with Bouncing Movement

Punches

1. Sliding Jab, Hook (Same Lead Arm), Reverse Punch
2. Backfist (Lead Arm), Spinning Backfist
3. Blitz (Lead Arm Backfist Head, Back Arm Reverse Punch Body)

Kicks

4. Spinning Back Kick (Back Leg Coming Forward)
5. Spinning Crescent Kick (Back Leg Coming Forward)
6. Spinning Hook Kick (Back Leg Coming Forward)

Combinations

7. Roundhouse Kick (Back Leg Coming Forward), Spinning Back Kick (Back Leg Coming Forward), Backfist, Reverse Punch
8. Sliding Double Jab, Reverse Punch, One Step Axe Kick (Lead Leg)

Self Defence

Defensive Locks and Holds
2B, 3B & 4B Drills

Focus Mitts

P - Jab (Lead Arm), Hook Punch (Lead Arm Movement Distance)
K - Spinning Back Kick (Back Leg)
C - Roundhouse Kick (Lead Leg), Backfist (Lead Arm)

Bag Work

3x 1 Minute Rounds

Fitness

Skipping (3 Minutes)

Sparring

Toe-to-Toe Sparring
Attacking Hands Only, Attacking Legs Only
Defending Only
(3x Scores)

6th Grade Purple Belt

Line Work Conducted with Bouncing Movement

Punches

1. Reverse Blitz (Back Arm Reverse Punch Body, Lead Arm Backfist Head)
2. Body Blitz (Lead Arm Jab Body, Back Arm Cross Head)
3. Fake Blitz (Fake on spot, Lead Arm Backfist Head, Back Arm Reverse Punch Body)

Kicks

4. Double Roundhouse Kick (Back Leg Coming Forward)
5. Sliding Double Side Kick (Lead Leg)
6. One Step Hook Kick, Roundhouse Kick (Same Lead Leg)

Combinations

7. Sliding Double Side Kick (Lead Leg), Blitz (Lead Arm Backfist Head, Back Arm Reverse Punch Body)
8. Sliding Jab, Cross Punch, Double Roundhouse Kick (Back Leg Coming Forward)

Self Defence

Defensive Locks and Holds
2B, 3B & 4B Drills

Focus Mitts

P - Jab, Hook Punch (Lead Arm), Uppercut (Back Arm)
K - Hook Kick, Roundhouse Kick (Same Lead Leg)
C - Roundhouse Kick (Lead Leg), Backfist (Lead Arm),
Spinning Hook Kick (Back Leg)

Bag Work

3x 2 Minute Rounds

Fitness

Sprint Length Of Dojo Followed By
20x Press Ups, 30x Sit Ups, 40x Star Jumps

Sparring

Focused Half Speed Sparring (3x Scores)

7th Grade Purple & White Belt

Line Work Conducted with Bouncing Movement

Punches

1. Double Jab (Lead Arm), Cross (Back Arm), Hook Punch (Lead Arm), Uppercut (Back Arm)
2. Backfist (Lead Arm), Spinning Elbow Strike (Back Arm Coming Forward), Backfist (Lead Arm)
3. Counter Backfist (Lead Arm Moving Backwards)

Kicks

4. Jumping Front Kick (Lead Leg Coming Forward)
5. Jumping Side Kick (Back Leg Coming Forward)
6. Jumping Roundhouse Kick (Back Leg Coming Forward)

Combinations

7. Jab, Cross Punch, Jumping Front Kick (Lead Leg Coming Forward)
8. Backfist (Lead Arm), Ridge Hand (Back Arm), Roundhouse Kick (Back Leg Coming Forward), Spinning Hook Kick (Back Leg Coming Forward)

Self Defence

Defensive Locks and Holds
2B, 3B & 4B Drills

Focus Mitts

P - See It, Hit It (Punches)
K - Roundhouse Kick, Hook Kick
C - Roundhouse Kick (Lead Leg), Backfist (Lead Arm),
Spinning Hook Kick (Back Leg)

Bag Work

3x 2 Minute Rounds

Fitness

Fast Skipping - 5x Press Ups Each Time You Stop (4 Minutes)

Sparring

Continuous Sparring - Must See Combinations (3x Scores)

8th Grade Brown Belt

Line Work Conducted with Bouncing Movement

Punches

- 1.
2. Selected From Previous 3 Grades By Examiner On The Day
- 3.

Kicks

- 4.
5. Selected From Previous 3 Grades By Examiner On The Day
- 6.
- 7.

Combinations

- 8.
9. Selected From Previous 3 Grades By Examiner On The Day
- 10.

Self Defence

Advanced Striking

Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution
2B, 3B & 4B Application

Focus Mitts

P - Jab (Lead Arm), Cross Punch, Backfist (With Same Arm), Jab (Lead Arm), Cross Punch

K - Double Roundhouse Kick (Lead Leg)

C - See It, Hit It (Punches & Kicks)

Bag Work

3x 2 Minute Rounds

Fitness

Straddle Stance (3 Minutes)

Sparring

Continuous Sparring

Points Sparring

(4x Scores)

9th Grade Brown & White Belt

Line Work Conducted with Bouncing Movement

Punches

1. Sliding Double Jab (Lead Arm), Cross, Hook Punch (Lead Arm), Uppercut (Back Arm)
2. Counter Backfist (Lead Arm Moving Backwards), Blitz (Lead Arm Backfist Head, Back Arm Reverse Punch Body)
3. Cross, Jab (Lead Arm), Cross Punch
4. Jab, Cross, Uppercut (Lead Arm), Cross Punch, Slip, Cross Punch

Kicks

5. Axe Kick (Back Leg Coming Forward), Sweep (Lead Leg), Spinning Crescent Kick (Back Leg Coming Forward)
6. Jumping Front Kick (Lead Leg Coming Forward), Roundhouse Kick (Same Leg), Spinning Back Kick (Back Leg Coming Forward)
7. Hook Kick, Roundhouse Kick, Side Kick (Same Back Leg Coming Forward)
8. Spinning Hook Kick, Roundhouse Kick (Same Back Leg Coming Forward)

Combinations

9. Jab, Cross, One Step Axe Kick, Roundhouse Kick (Same Leg)
10. One Step Hook Kick, Spinning Back Kick, Backfist, Reverse Punch
11. Jab, Cross Punch, Roundhouse Kick (Back Leg Coming Forward), Spinning Back Kick, Roundhouse Kick (Same Leg)

Self Defence

Advanced Striking

Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution
2B, 3B & 4B Application

Focus Mitts

Centre Line Blast, Blitzing, Spin Kicks, Jump Kicks (3x Scores)

Bag Work

4x 2 Minute Rounds

Fitness

40x Press Ups, 60x Sit Ups, 80x Alternating Squat Thrusts, 80x Star Jumps
(1 Minute Time Limit on Each Exercise)

Sparring

Selective Sparring (5x Scores)

10th Grade Brown & Black Belt

Line Work Conducted with Bouncing Movement

1. Backfist (Lead Arm), Spinning Elbow Strike, Backfist, Reverse Punch
2. Double Jab, Cross Punch, Uppercut (Lead Arm), Cross, Slip, Cross Punch, Hook Punch (Lead Arm), Uppercut (Back Arm)
3. Roundhouse Kick, Hook Kick, Side Kick (Same Back Leg Coming Forward)
4. Sliding Triple Roundhouse Kick (Same Lead Leg Coming Forward)
5. Sliding Triple Side Kick (Same Lead Leg Coming Forward)
6. Counter Side Kick (Lead Leg Moving Backwards), Blitz (Lead Backfist Head, Back Arm Reverse Punch Body)
7. Jumping Spinning Hook Kick (Back Leg Coming Forward)
8. Jumping Side Kick (Back Leg Coming Forward), Spinning Back Kick (Back Leg Coming Forward)
9. Sliding Hook Kick, Roundhouse Kick (Same Lead Leg), Blitz (Lead Backfist Head, Back Arm Reverse Punch Body)
10. One Step Axe Kick (Lead Leg), Roundhouse Kick (Back Leg Coming Forward), Spinning Hook Kick (Back Leg Coming Forward)
11. Drop Down Hook Kick (Lead Leg), Cross, Double Hook Punch (Lead Arm Body Head), Uppercut (Back Arm), Hook Punch (Lead Arm)
12. Sliding Double Jab (Lead Arm), Reverse Punch, One Step Roundhouse Kick, Hook Kick (Same Lead Leg)

Self Defence

Advanced Striking

Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution
2B, 3B & 4B Application

Focus Mitts

Centre Line Blast, Blitzing, Spin Kicks, Jump Kicks (3x Scores)

Bag Work

4x 2 Minute Rounds

Fitness

Selected From Previous Grades By Examiner

Sparring

Selective Sparring (5x Scores)