

1st Grade Red Belt

Punches

1. Jab, Cross Punch
2. Backfist, Reverse Punch
3. Hook Punch (front arm head), Uppercut (back arm)

Kicks

4. Front Kick (front leg)
5. Side Kick (front leg)
6. Roundhouse Kick (front leg)
7. Hook Kick (front leg)

Combinations

8. Roundhouse Kick (front leg), Backfist, Reverse Punch
9. Front Kick (front leg), Jab, Cross Punch

Focus Mitts

- P - Jab, Cross
- K - Side Kick

Self Defence

Evasive Blocking & Movement

Bag Work

2x 1 Minute Rounds

Sparring (Gloves Required)

Body Contact Only

Fitness

- Press Ups - 30 Seconds
- Squats - 30 Seconds
- Star Jumps - 30 Seconds
- Plank - 30 Seconds

2nd Grade Yellow Belt

Punches

1. Step Through Jab, Cross Punch
2. Step Through Backfist, Reverse Punch
3. Step Through Hook Punch, Uppercut

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 (front leg), Step Through Backfist, Reverse Punch

Focus Mitts

- P - Hook Punch (front arm head), Uppercut (back arm)
K - Roundhouse Kick (front leg)

Self Defence

Effective Striking

Bag Work

2x 1 Minute Rounds

Sparring (Head Guard and Gum Shield Required)

Attacking & Defending

Fitness

Press Ups - 45 Seconds
Squats (with 5 second hold) - 45 Seconds
Burpees - 45 Seconds
Plank 45 Seconds

3rd Grade Orange Belt

Punches

1. Sliding Jab
2. Sliding Backfist, Reverse Punch
3. Sliding Hook Punch, Uppercut

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 (front arm), Reverse Punch, One Step Axe Kick (front leg)
9. One Step Side Kick, Backfist, Reverse Punch

Focus Mitts

- P - Sliding / Blitzing Backfist, Reverse Punch
- K- Hook Kick

Self Defence

Escapes with Distraction and Follow Up

Bag Work

3x 1 Minute Rounds

Sparring (Foot Pads and Shin Pads Required)

General Sparring

Fitness

- Squat Jumps - 1 Minute
- Alternating Forward Lunges - 1 Minute
- Burpees (with press up) - 1 Minute
- Plank - 1 Minute

4th Grade Green Belt

Punches

1. Sliding Double Jab (front arm)
2. Backfist (front), Ridge Hand (back arm)
3. Double Hook Punch (front arm body head), Uppercut (back arm), Hook Punch (front arm)

Kicks

4. Sliding Front Kick (front leg)
5. Sliding Side Kick (front leg)
6. Sliding Roundhouse (front leg)
7. One Step Hook Kick (front leg)

Combinations

8. Sliding Roundhouse Kick (front leg), Backfist (front arm), Reverse Punch
9. Double Hook Punch (front arm body, head), Uppercut (back arm), Hook Punch (front arm), Sliding Side Kick (front leg)

Focus Mitts

- P - See It, Hit It (punches on the spot)
- K - See It, Hit It (kicks on the spot)

Self Defence

Defensive Locks with Distraction and Follow Up

Bag Work

3x 1 Minute Rounds

Sparring (Full Sparring Kit Required)

Points Fighting Rounds

Fitness

- Press Ups - 1 Minute
- Alternating Jump Lunges - 1 Minute
- Horse Riding Stance - 1 Minute
- Plank Matrix - 1 Minute

5th Grade Blue Belt

Line Work Conducted with Bouncing Movement

Punches

1. Sliding Jab, Hook (same front arm), Reverse Punch
2. Backfist (front arm), Spinning Backfist
3. Blitz (front 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 (front leg)

Focus Mitts

- P - See It, Hit It (punches with movement)
- K - See It, Hit It, Spinning Kicks
- C - Syllabus Combinations (from linework)

Self Defence

Defensive Locks with Distraction and Follow Up

Bag Work

3x 1 Minute Rounds

Sparring

Continuous Fighting Rounds
Toe-to-Toe Fighting

Fitness

Plyometric Press Ups - 1 Minute
Skipping - 2 Minutes
Horse Riding Stance - 2 Minutes

6th Grade Purple Belt

Line Work Conducted with Bouncing Movement

Punches

1. Reverse Blitz (back arm reverse punch body, front arm backfist head)
2. Body Blitz (front arm jab body, back arm cross head)
3. Fake Blitz (fake on spot, front arm backfist head, back arm reverse punch body)

Kicks

4. Double Roundhouse Kick (back leg coming forward)
5. Sliding Double Side Kick (front leg)
6. One Step Hook Kick, Roundhouse Kick (same front leg)

Combinations

7. Sliding Double Side Kick (front leg), Blitz (front arm backfist head, back arm reverse punch body)
8. Sliding Jab, Cross Punch, Double Roundhouse Kick (back leg coming forward)

Focus Mitts

- P - See It, Hit It, Blitzing
- K - See It, Hit It, Double Kicks
- C - Syllabus Combinations (from linework)

Self Defence

2B, 3B & 4B Flow Drills

Bag Work

3x 2 Minute Rounds

Sparring

Punches vs Punches
Kicks vs Kicks
Punches vs Kicks

Fitness

Skipping - 2 Minutes
Alternating Jump Lunges - 1 Minute
Burpees (with press up) - 1 Minute
Horse Riding Stance - 2 Minutes

7th Grade Purple & White Belt

Line Work Conducted with Bouncing Movement

Punches

1. Double Jab (front arm), Cross (back arm), Hook Punch (front arm), Uppercut (back arm)
2. Backfist (front arm), Spinning Elbow Strike (back arm coming forward), Backfist (front arm)
3. Counter Backfist (front arm moving backwards)

Kicks

4. Jumping Front Kick (front 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 (front leg coming forward)
8. Backfist (front arm), Ridge Hand (back arm), Roundhouse Kick (back leg coming forward), Spinning Hook Kick (back leg coming forward)

Focus Mitts

- P - See It, Hit It, Counter Techniques
- K - See It, Hit It, Jumping Kicks
- C - Syllabus Combinations (from linework)

Self Defence

2B, 3B & 4B Application

Bag Work

3x 2 Minute Rounds

Sparring

Attack vs Counter

Fitness

- Skiping - 3 Minutes
- Burpees (with press up) - 1 Minute
- Plank Matrix - 1 Minute
- Horse Riding Stance - 3 Minutes

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.

Focus Mitts

- P - See It, Hit It, Punches (as previous Grades)
- K - See it, Hit It, Kicks (as previous Grades)
- C - Syllabus Combinations (from linework)

Self Defence

- Advanced Striking
- Defensive Locks with Takedowns and Sweeps

Bag Work

- 3x 2 Minute Rounds

Sparring

- Continuous Sparring
- Points Sparring

Fitness

- 10 Minutes Combined Time (previously selected grade exercises)

9th Grade Brown & White Belt

Line Work Conducted with Bouncing Movement

Punches

1. Sliding Double Jab (front arm), Cross, Hook Punch (front arm), Uppercut (back arm)
2. Counter Backfist (front arm moving backwards), Blitz (front arm backfist head, back arm reverse punch body)
3. Cross, Jab (front arm), Cross Punch
4. Jab, Cross, Uppercut (front arm), Cross Punch, Slip, Cross Punch

Kicks

5. Axe Kick (back leg coming forward), Sweep (front leg), Spinning Crescent Kick (back leg coming forward)
6. Jumping Front Kick (front leg coming forward), Roundhouse Kick (same leg), Spinning Back Kick (back leg coming forward)
7. Hook Kick, Roundhouse Kick, Side Kick (sa)
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)

Focus Mitts

P - Syllabus Punches (from linework)
K - Syllabus Kicks (from linework)
C - Syllabus Combinations (from linework)

Self Defence

All Previous Grades Self Defence Syllabus
Applied Sparring and Multiple Attackers

Bag Work

4x 2 Minute Rounds

Sparring

All Syllabus Aspects
Sport Continuous & Point Fighting Rounds
Resilience Conditioning Rounds

Fitness

Run, Skipping, Exercises from previous grades,
Additional course content

10th Grade Brown & Black Belt

Line Work Conducted with Bouncing Movement

1. Backfist (front arm), Spinning Elbow Strike, Backfist, Reverse Punch
2. Double Jab, Cross Punch, Uppercut (front arm), Cross, Slip, Cross Punch, Hook Punch (front arm), Uppercut (back)
3. Roundhouse Kick, Hook Kick, Side Kick (same back leg coming forward)
4. Sliding Triple Roundhouse Kick (same front leg coming forward)
5. Sliding Triple Side Kick (same front leg coming forward)
6. Counter Side Kick (front leg moving backwards), Blitz (front arm 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 front leg), Blitz (front arm backfist head, back arm reverse punch body)
10. One Step Axe Kick (front leg), Roundhouse Kick (back leg coming forward), Spinning Hook Kick (back leg coming forward)
11. Drop Down Hook Kick (front leg), Cross, Double Hook Punch (front arm body, head), Uppercut (back arm), Hook Punch (front arm)
12. Sliding Double Jab (front arm), Reverse Punch, One Step Roundhouse Kick, Hook Kick (same front leg)

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| Focus Mitts | P - Syllabus Punches (from linework) K - Syllabus Kicks (from linework) C - Syllabus Combinations (from linework) |
| Self Defence | All Previous Grades Self Defence Syllabus Applied Sparring and Multiple Attackers |
| Bag Work | 4x 2 Minute Rounds |
| Sparring | All Syllabus Aspects Sport Continuous & Point Fighting Rounds Resilience Conditioning Rounds |
| Fitness | Run, Skipping, Exercises from previous grades, Additional course content |