**STRIKE MARTIAL ARTS:**

**NORTH DEVON**

A logo of a martial arts fighter

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**KICKBOXING**

**AND**

**SELF DEFENCE**

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**WHITE TO BLACK BELT SYLLABUS**

**Strike Martial Arts: North Devon – Kickboxing and Self Defence**

This syllabus is written by Strike Martial Arts: North Devon’s Chief Instructor, who holds Dan Grades in both Kickboxing, Self Defence and Kick-Jitsu.

For many students Kickboxing training is centred around sparring and fighting in competitions for sport. This allows the student to learn a vast array of techniques and skills.

The aim of this syllabus is to re-purpose the techniques and skills from Kickboxing and combine them with other skills traditionally used for Self Defence to produce something aimed at students whose main concern is not fighting in competition but instead having the skills to defend themselves should a threatening situation occur.

This syllabus is designed as a guide to take a student from Beginner to Senior and Black Belt Levels.

It is the belief of the Chief Instructor that it is a dis-service to both children and adults to train and grade both groups the same. In general terms a child can not be expected to have the power, aggression and understanding of complex techniques that an adult can show.

For this reason, students are classified as belonging to one of two groups. Students younger than 12 years old are classed as Juniors. Students over 14 years old are classed as Adults. Somewhere between the age of 12 and 14 years old a Junior student will move to the Adult syllabus. This happens during a 2-year period as a reflection that all children are different, develop at different speeds and some are more capable and mature than others.

In all cases, for Junior students it is optional to complete the fitness element of each belt. In addition, the student must still complete each technique correctly however the standard required will reflect their young age and lack of power and aggression compared to an adult.

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The syllabus is graded using the Cobra Martial Arts Association (CMAA) Progressive Grading System (PGS)

Students will be assessed as they learn with each technique being signed off once they are able to perform it correctly three times.

Once a student has completed all the techniques required for their current belt, the grade will be awarded, and the grading fee will become due. As such there are no time frames between coloured belts.

Upon receipt of the grading fee the student will receive a belt and certificate and be permitted to move on to the next grade.

Should a student struggle with a technique or not wish to complete a technique because it makes them uncomfortable, the technique may be deferred.

When this happens the grade may still be awarded, and a note is made on the students record what technique has not been completed.

**Junior Black Belts and Adult Dan Grades**

As with the rest of the syllabus, Black Belt Grades differ between Adults and Juniors.

A Junior student is graded to Junior Black Belt using the CMAA PGS. Any deferred techniques must be completed prior to PGS Grading beginning for this grade.

An Adult student will first be assessed by their Instructor to confirm they are ready to undertake the Dan Grading, this is done using the CMAA PGS. Once a student has completed the grade via PGS they will then undertake a Dan Grading in front of a panel of Instructors. During this grading the student will demonstrate the entire syllabus and be scored pass / fail.

Junior students who have achieved a Junior Black Belt will be required to complete an Adult Dan Grading when they move onto the Adult syllabus

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**KICKBOXING & SELF DEFENCE**

**8TH KYU SYLLABUS**

**(WHITE BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Round Kick, Low Sect Rear Leg |  |
| Round Kick, Low Sect, Front Leg |  |
| Round Kick, Mid Sect Rear Leg |  |
| Round Kick, Mid Sect, Front Leg |  |
| Inner Leg Kick, Rear Leg |  |
| Inner Leg Kick, Front Leg |  |
| Push Kick, Mid Sect, Rear Leg |  |
| Snap Kick, Mid Sect, Front Leg |  |
| Stamp Kick, Mid Sect, Rear Leg |  |
| Side Kick, Mid Sect, Front Leg |  |
| Crescent Kick, Mid Sect, Rear Leg |  |
| Back Kick, Mid Sect, Rear Leg |  |

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| **Punch Techniques** | |
| Jab Punch |  |
| Cross Punch |  |
| Hook Punch |  |
| Uppercut Punch |  |

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| **Knee Techniques** | |
| Front Knee, Mid Sect, Rear Leg |  |
| 1 Step Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Hook Elbow |  |
| Uppercut Elbow |  |

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| **Block Techniques** | |
| Palm Deflect Straight Punch |  |
| Hook Cover |  |
| Body & Rib Cover |  |
| Downward Evade Hook Punch |  |

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| **6 Punch Combination (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut |  |

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| **Block Combinations (Left Stance)** | |
| Blocking Combination 1  R/L Palm Deflection Straight Punch  R/L Body & Rib Cover  R/L Hook Cover  Downward Evade Hook Punch  Strike to Opponents Face |  |
| **Self Defence Techniques** | |
| Escape Front Kick Grab  Point Toes, Jump & Push Into Stomach |  |
| Single Hand Grab Removal  V1 Twist, Push Away, Release |  |
| Escape Arm Lock  Rotate Arm around, Pull hand out,  Push away |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist |  |

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| **Knife Defences** | |
| KD1 Upward Stab to Stomach  Double Web Block, Under arm, Straight Arm Lock, Disarm |  |
| KD2 Straight Stab to Stomach  Downward Forearm & Neck Strike, Rotate into Back Hammer Lock |  |
| KD3 High Swing at Head  Double Forearm Block, Wrap Arm, Elbow to Neck |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 1  Round Kick, Low Sect, Right Leg  Round Kick, Mid Sect, Left Leg  Push Kick, Mid Sect, Right Leg  1 Step Knee, Mid Sect, Right Leg |  |
| Kick Combination 2  Snap Kick, Mid Sect, Left Leg  Stamp Kick, Mid Sect, Right Leg  Inner Leg Kick, Left Leg  Crescent Kick, Mid Sect, Right Leg |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Punching Only) |  |

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**KICKBOXING & SELF DEFENCE**

**7TH KYU SYLLABUS**

**(YELLOW BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Round Kick, Low Sect, Front Leg |  |
| Round Kick, Mid Sect, Front Leg |  |
| Step Round Kick, Mid Sect, Rear Leg |  |
| Inner Leg Kick, Front Leg |  |
| Push Kick, Mid Sect, Front Leg |  |
| Slide Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Rear Leg |  |
| Step Side Kick, Mid Sect |  |
| Crescent Kick, Mid Sect, Front Leg |  |
| Inside Crescent Kick, Front Leg |  |
| Back Kick, Mid Sect, Front Leg |  |
| Foot Sweep |  |

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| **Punch Techniques** | |
| Jab Punch |  |
| Cross Punch |  |
| Hook Punch |  |
| Uppercut Punch |  |
| Body Shot Punch |  |
| Backfist |  |

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| **Knee Techniques** | |
| 1 Step Knee, Mid Sect, Rear Leg |  |
| Long Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Uppercut Elbow |  |
| Downward Elbow |  |

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| **Block Techniques** | |
| Palm Deflect Straight Punch |  |
| Hook Cover |  |
| Body & Rib Cover |  |
| Downward Evade Hook Punch |  |
| Double Forearm Block |  |
| Block, Front Kick |  |
| Block, Round Kick, Low Sect |  |
| Block, Inner Leg Kick |  |

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| **8 Punch Combination (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook |  |

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| **Block Combinations (Left Stance)** | |
| Blocking Combination 2  R/L Block, Front Kick  R/L Block, Round Kick, Low Sect  R/L Block, Inner Leg Kick |  |

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| **Self Defence Techniques** | |
| Escape Round Kick Grab  V1 Turn & Kick Out |  |
| Double Hand Grab Removal  V1 Double Break, Double Push |  |
| Escape Head Lock  V1 Punch Through, Elbow, Arm Break |  |
| Escape Head Lock  V2 Head Grab & Leg Kick |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 3  Slide Kick, Mid Sect, Left Leg  Side Kick, Mid Sect, Right Leg  Step Side Kick, Mid Sect, Right Leg  Long Knee, Mid Sect, Left Leg |  |
| Kick Combination 4  Crescent Kick, Mid Sect, Left Leg  Inside Crescent Kick, Left Leg  Back Kick, Mid Sect, Right Leg  Push Kick, Mid Sect, Left Leg |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Punching Only)  1 x 3 Min (Kicking Only) |  |

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**KICKBOXING & SELF DEFENCE**

**6TH KYU SYLLABUS**

**(ORANGE BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Round Kick, Low Sect Rear Leg |  |
| Round Kick, Low Sect, Front Leg |  |
| Round Kick, Mid Sect Rear Leg |  |
| Round Kick, Mid Sect, Front Leg |  |
| Round Kick, High Sect Rear Leg |  |
| Round Kick, High Sect, Front Leg |  |
| Step Round Kick, Mid Sect, Rear Leg |  |
| Inner Leg Kick, Rear Leg |  |
| Inner Leg Kick, Front Leg |  |
| Crescent Kick, High Sect, Rear Leg |  |
| Crescent Kick, High Sect, Front Leg |  |
| Hook Kick, High Sect, Front Leg |  |
| Axe Kick, High Sect, Rear Leg |  |

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| **Punch Techniques** | |
| Drop Jab |  |
| Thai Strike |  |
| Spinning Backfist |  |

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| **Knee Techniques** | |
| Long Knee, Mid Sect, Rear Leg |  |
| Round Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Hook Elbow |  |
| Uppercut Elbow |  |

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| **Block Techniques** | |
| Double Forearm Block |  |
| Block, Front Kick |  |
| Block, Round Kick, Low Sect |  |
| Block, Inner Leg Kick |  |
| Downward Forearm Block |  |
| Rising Block |  |
| Cross Block to Outside |  |
| Inwards Cross Block |  |
| Outwards Cross Block |  |

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| **10 Punch Combination (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist |  |

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| **Block Combinations (Left Stance)** | |
| Blocking Combination 3  R Rising Block,  R Inwards Cross Block  R Outwards Cross Block  L Rising Block,  L Inwards Cross Block  L Outwards Cross Block |  |

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| **Self Defence Techniques** | |
| Escape Round Kick Grab  V2 Grab Neck, Knee to Chest |  |
| Double Hand Grab Removal  V2 Break, Hands on Elbow, Twist |  |
| Escape Head Lock  V3 Shoulder Push & Shin Pull |  |
| Escape Head Lock  V4 Rolling Breakfall Escape |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm |  |

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| **Knife Defences** | |
| KD1 to Stomach  Step Out, Double Knife Hand Strike  Grab, Elbow into Fig 4 Lock |  |
| KD2 Swinging at Head  Downward Evade, Thai Strike  Standing Triangle Choke |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 5  Round Kick, High Sect Right Leg  Crescent Kick, High Sect, Right Leg  Round Kick, High Sect Left Leg  Hook Kick, High Sect, Left Leg  Axe Kick, High Sect, Right Leg |  |
| Kick Combination 6  Inner Leg Kick, Right Leg  Round Kick, Mid Sect, Left Leg  Step Round Kick, Mid Sect, Left Leg  Crescent Kick, High Sect, Right Leg  Round Knee, Mid Sect, Right Leg |  |

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**KICKBOXING & SELF DEFENCE**

**6TH KYU SYLLABUS**

**(ORANGE BELT)**

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Punching Only)  1 x 3 Min (Kicking Only)  1 x 3 Min (Kicking & Punching) |  |

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**KICKBOXING & SELF DEFENCE**

**5TH KYU SYLLABUS**

**(GREEN BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Push Kick, Mid Sect, Rear Leg |  |
| Push Kick, Mid Sect, Front Leg |  |
| Slide Kick, Mid Sect, Front Leg |  |
| Snap Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Rear Leg |  |
| Step Side Kick, Mid Sect |  |
| Spin Crescent Kick, Mid Sect, Rear Leg |  |
| Spin Crescent Kick, Mid Sect, Front Leg |  |
| Step Hook Kick, High Sect |  |
| Axe Kick, High Sect, Front Leg |  |
| 1 Step, Axe Kick, High Sect, Front Leg |  |
| Spinning Reverse Foot Sweep |  |

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| **Punch Techniques** | |
| Spinning Backfist |  |
| Sliding Jab Punch |  |
| Sliding Cross Punch |  |

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| **Knee Techniques** | |
| Round Knee, Mid Sect, Rear Leg |  |
| Jump Knee, Mid Sect, Front Leg |  |

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| **Elbow Techniques** | |
| Downward Elbow |  |
| Snap Elbow |  |

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| **Block Techniques** | |
| Downward Forearm Block |  |
| Rising Block |  |
| Cross Block to Outside |  |
| Inwards Cross Block |  |
| Outwards Cross Block |  |
| Rising X Block |  |
| Jab Slip with Tech |  |
| Round Kick Defence |  |
| Knee Strike Defence |  |

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| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

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| **Block Combinations (Left Stance)** | |
| Blocking Combination 4  R Double Forearm Block of Kick  L Cross Block to Outside of Punch  L Double Forearm Block of Kick  R Cross Block to Outside of Punch |  |

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| **Self Defence Techniques** | |
| Escape Front Kick Grab  Point Toes, Jump & Push Into stomach |  |
| Single Hand Grab Removal, Tech  Student to show 3 variations |  |
| Escape Arm Lock, Tech  Student to show 3 variations |  |
| 10 Pressure Point System  1. Thumb to Center of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep |  |

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| **Knife Defences** | |
| KD3 Downwards Stab to Head  Block with Same Arm,  Wrap Arm, Standing Fig 4 Lock |  |
| KD4 Swinging into Side  Allow to Pass, Grab Wrist, Twist Vertical,  Disarm |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 7  Push Kick, Mid Sect, Right Leg  Jump Knee, Mid Sect, Right Leg  Axe Kick, High Sect, Right Leg  Spin Crescent Kick, Mid Sect, Left Leg  Spinning Reverse Foot Sweep, Left Leg |  |
| Kick Combination 8  Slide Kick, Mid Sect, Left Leg  Side Kick, Mid Sect, Right Leg  Step Side Kick, Mid Sect  Step Hook Kick, High Sect, Right Leg  Snap Kick, Mid Sect, Right Leg |  |

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**KICKBOXING & SELF DEFENCE**

**5TH KYU SYLLABUS**

**(GREEN BELT)**

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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**KICKBOXING & SELF DEFENCE**

**4TH KYU SYLLABUS**

**(BLUE BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Stamp Kick, Mid Sect, Rear Leg |  |
| Crescent Kick, Mid Sect, Rear Leg |  |
| Crescent Kick, Mid Sect, Front Leg |  |
| Inside Crescent Kick, Front Leg |  |
| Spin Crescent Kick, High Sect, Rear Leg |  |
| Spin Crescent Kick, High Sect, Front Leg |  |
| Back Kick, Mid Sect, Rear Leg |  |
| Back Kick, Mid Sect, Front Leg |  |
| Spin Back Kick, Mid Sect, Rear Leg |  |
| Spin Back Kick, Mid Sect, Front Leg |  |
| Spin Hook Kick, High Sect, Rear Leg |  |
| Spin Hook Kick, High Sect, Front Leg |  |
| Foot Sweep |  |

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| **Punch Techniques** | |
| Sliding Cross Punch |  |
| Jumping Jab Punch |  |
| Jumping Cross Punch |  |

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| **Knee Techniques** | |
| Jump Knee, Mid Sect, Front Leg |  |
| Jump Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Jab Elbow |  |
| Spinning Elbow |  |

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| **Block Techniques** | |
| Palm Deflect Straight Punch |  |
| Hook Cover |  |
| Body & Rib Cover |  |
| Rising X Block |  |
| Downward X Block |  |
| Jab Slip, Takedown, Finish |  |
| Round Kick Defence, TD&F |  |
| Knee Strike Defence, TD&F |  |

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| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

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| **12 Punch Combination 2 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Cross  L Hook / R Cross  L Uppercut / R Cross  L Uppercut / R Cross  L Spin Back Fist / R Spin Back Fist |  |

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| **Block Combinations (Left Stance)** | |
| Block Combination 5  Rising X Block  R/L Downward Forearm Block  Downward X Block |  |

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| **Self Defence Techniques** | |
| Escape Round Kick Grab  V1 Turn & Kick Out |  |
| Double Hand Grab Removal, Tech  Student to show 3 variations |  |
| Escape Head Lock, Tech  Student to show 3 variations |  |
| 10 Pressure Point System  1. Thumb to Center of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep  7. Cupped Hand to Neck |  |

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| **Knife Defences** | |
| KD5 Pointing into Throat  Turn Head, Alternate Arms Up and Down  Into Fig 4 Lock |  |
| KD6 Swinging at Head  Double Forearm Block, Grab Wrist  Elbow Head into Standing Guillotine |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 9  Round Kick, High Sect Right Leg  Back Kick, Mid Sect, Left Leg  Round Kick, High Sect Right Leg  Spin Hook Kick, High Sect, Left Leg  Spin Crescent Kick, High Sect, Left Leg |  |

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**KICKBOXING & SELF DEFENCE**

**4TH KYU SYLLABUS**

**(BLUE BELT)**

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 10  Spin Back Kick, Mid Sect, Right Leg  Push Kick, Mid Sect, Left Leg  Spin Crescent Kick, High Sect, Right Leg  Stamp Kick, Mid Sect, Right Leg  Spinning Reverse Foot Sweep, Left Leg |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**3RD KYU SYLLABUS**

**(PURPLE BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Round Kick, Low Sect Rear Leg |  |
| Round Kick, Low Sect, Front Leg |  |
| Round Kick, Mid Sect Rear Leg |  |
| Round Kick, Mid Sect, Front Leg |  |
| Round Kick, High Sect Rear Leg |  |
| Round Kick, High Sect, Front Leg |  |
| Step Round Kick, Mid Sect, Rear Leg |  |
| Inner Leg Kick, Rear Leg |  |
| Inner Leg Kick, Front Leg |  |
| Jump Front Kick, Mid Sect, Rear Leg |  |
| Jump Front Kick, Mid Sect, Front Leg |  |
| Jump Side Kick, Mid Sect |  |
| Fake Knee, Side Kick, Mid Sect |  |
| Crescent Kick, High Sect, Rear Leg |  |
| Crescent Kick, High Sect, Front Leg |  |
| Jump Back Kick, Mid Sect, Rear Leg |  |
| Jump Back Kick, Mid Sect, Front Leg |  |
| Jump Spin Back, Mid Sect |  |
| Hook Kick, High Sect, Front Leg |  |
| Step Hook Kick, High Sect |  |
| Fake Knee, Hook Kick, High Sect |  |

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| **Punch Techniques** | |
| Drop Jab |  |
| Thai Strike |  |
| Spinning Backfist |  |

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| **Knee Techniques** | |
| Front Knee, Mid Sect, Rear Leg |  |
| 1 Step Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Hook Elbow |  |
| Uppercut Elbow |  |

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| **Block Techniques** | |
| Jab Slip, Takedown, Finish |  |
| Round Kick Defence, TD&F |  |
| Knee Strike Defence, TD&F |  |

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| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

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| **12 Punch Combination 2 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Cross  L Hook / R Cross  L Uppercut / R Cross  L Uppercut / R Cross  L Spin Back Fist / R Spin Back Fist |  |

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| **14 Punch Combination 2 (Left Stance)** | |
| L Hook / R Spin Backfist / L Hook  R Hook / L Spin Backfist / R Hook  L Uppercut / L Hook  R Uppercut / R Hook  L Hook / L Jab  R Hook / R Cross |  |

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| **Block Combinations (Left Stance)** | |
| Block Combination 1  R/L Palm Deflect Straight Punch  R/L Body & Rib Cover  R/L Hook Cover  Downward Evade Hook Punch  Strike to Opponents Face |  |
| Block Combination 2  R/L Block, Front Kick  R/L Block, Round Kick, Low Sect  R/L Block, Inner Leg Kick |  |
| Block Combination 3  R Rising Block  R Inwards Cross Block  R Outwards Cross Block  L Rising Block  L Inwards Cross Block  L Outwards Cross Block |  |
| Block Combination 4  R Double Forearm Block of Kick  L Cross Block to Outside of Punch  L Double Forearm Block of Kick  R Cross Block to Outside of Punch |  |

A logo of a martial arts fighter

AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**3RD KYU SYLLABUS**

**(PURPLE BELT)**

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| **Block Combinations (Left Stance)** | |
| Block Combination 5  Rising X Block  R/L Downward Forearm Block  Downward X Block |  |

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| **Self Defence Techniques** | |
| Escape Round Kick Grab  V2 Grab Neck, Knee to Chest |  |
| Single Hand Grab Removal, Tech  Student to show 3 variations |  |
| Double Hand Grab Removal, Tech  Student to show 3 variations |  |
| Escape Arm Lock, Tech  Student to show 3 variations |  |
| Escape Head Lock, Tech  Student to show 3 variations |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep  7. Cupped Hand to Neck  8. Knife Hand to Jaw |  |

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| **Knife Defences** | |
| KD1 to Stomach TD&F  Step Out, Double Knife Hand Strike  Grab, Elbow into Fig 4 Lock  Turn Towards, Fig 4 T/D & Lock |  |
| KD2 Swinging at Head TD&F  Downward Evade, Thai Strike  Standing Arm Triangle Choke  Sweep into Ground Arm Triangle Choke |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 11  Crescent Kick, High Sect, Right Leg  Jump Front Kick, Mid Sect, Right Leg  Jump Side Kick, Mid Sect, Right Leg  Jump Front Kick, Mid Sect, Left Leg  Round Kick, Mid Sect, Right Leg  Fake Knee, Hook Kick, High Sect, Right Leg |  |
| Kick Combination 12  Jump Spin Back, Mid Sect, Right Leg  Step Round Kick, Mid Sect, Right Leg  Step Hook Kick, High Sect, Right Leg  Round Kick, High Sect, Left Leg  Spin Hook Kick, High Sect, Right Leg  Round Kick, High Sect, Right Leg |  |

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| **Student Created Combinations** | |
| 3 Combinations of 3 Tech with TD&F |  |
| 1.  2.  3. |  |
| 1.  2.  3. |  |
| 1.  2.  3. |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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| **Padwork & Sparring** | |
| Sparring  1 x 3 Min (Blocking Punches)  1 x 3 Min (Punching vs Blocking)  1 x 3 Min (Blocking Kicks)  1 x 3 Min (Kicking vs Blocking) |  |

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AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**2ND KYU SYLLABUS**

**(RED BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Jump Round Kick, Mid Sect, Rear Leg |  |
| Jump Round Kick, Mid Sect, Front Leg |  |
| 360 Round Kick, Mid Sect |  |
| Push Kick, Mid Sect, Rear Leg |  |
| Push Kick, Mid Sect, Front Leg |  |
| Jump Front Kick, Mid Sect, Rear Leg |  |
| Jump Front Kick, Mid Sect, Front Leg |  |
| Slide Kick, Mid Sect, Front Leg |  |
| Snap Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Rear Leg |  |
| Step Side Kick, Mid Sect |  |
| Jump Side Kick, Mid Sect |  |
| Fake Knee, Side Kick, Mid Sect |  |
| Jump Spin Crescent Kick, Mid Sect |  |
| 360 Crescent Kick, Mid Sect |  |
| Jump Back Kick, Mid Sect, Rear Leg |  |
| Jump Back Kick, Mid Sect, Front Leg |  |
| Spin Back Kick, Mid Sect, Rear Leg |  |
| Spin Back Kick, Mid Sect, Front Leg |  |
| Jump Spin Back, Mid Sect |  |
| Jump Spin Hook, Mid Sect |  |
| Fake Knee, Hook Kick, High Sect |  |
| Axe Kick, High Sect, Rear Leg |  |
| Axe Kick, High Sect, Front Leg |  |
| 1 Step, Axe Kick, High Sect, Front Leg |  |
| Jump Axe Kick, Mid Sect, Front Leg |  |
| Spinning Reverse Foot Sweep |  |

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| **Punch Techniques** | |
| Spinning Backfist |  |
| Sliding Jab Punch |  |
| Sliding Cross Punch |  |

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| **Knee Techniques** | |
| Long Knee, Mid Sect, Rear Leg |  |
| Round Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Downward Elbow |  |
| Snap Elbow |  |

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| **Block Techniques** | |
| Jab Slip, Takedown, Finish |  |
| Round Kick Defence, TD&F |  |
| Knee Strike Defence, TD&F |  |

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| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

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| **12 Punch Combination 2 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Cross  L Hook / R Cross  L Uppercut / R Cross  L Uppercut / R Cross  L Spin Back Fist / R Spin Back Fist |  |

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| **14 Punch Combination (Left Stance)** | |
| L Hook / R Spin Backfist / L Hook  R Hook / L Spin Backfist / R Hook  L Uppercut / L Hook  R Uppercut / R Hook  L Hook / L Jab  R Hook / R Cross |  |

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| **16 Punch Combination (Left Stance)** | |
| L Double Jab / R Cross  L Hook / R Spin Back Fist / R Back Fist  L Thai Strike  R Cross / L Uppercut  R Cross / L Uppercut  R Cross / L Uppercut  R Hook / L Spin Back Fist / L Back Fist |  |

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| **Block Combinations (Left Stance)** | |
| Block Combination 1  R/L Palm Deflect Straight Punch  R/L Body & Rib Cover  R/L Hook Cover  Downward Evade Hook Punch  Strike to Opponents Face |  |
| Block Combination 2  R/L Block, Front Kick  R/L Block, Round Kick, Low Sect  R/L Block, Inner Leg Kick |  |

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**KICKBOXING & SELF DEFENCE**

**2ND KYU SYLLABUS**

**(RED BELT)**

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| **Block Combinations (Left Stance)** | |
| Block Combination 3  R Rising Block  R Inwards Cross Block  R Outwards Cross Block  L Rising Block  L Inwards Cross Block  L Outwards Cross Block |  |
| Block Combination 4  R Double Forearm Block of Kick  L Cross Block to Outside of Punch  L Double Forearm Block of Kick  R Cross Block to Outside of Punch |  |
| Block Combination 5  Rising X Block  R/L Downward Forearm Block  Downward X Block |  |

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| **Self Defence Techniques** | |
| Escape Front Kick Grab  Point Toes, Jump & Push Into stomach |  |
| Single Hand Grab Removal, TD&F  Twist, Elbow to Elbow, Push to Ground  Straight Arm Lock |  |
| Escape Arm Lock, TD&F  Lock Arms, Grab Neck, Leg Sweep, Lock |  |
| Escape Head Lock, TD&F  V1 Punch Through, Elbow, Arm Break  Drop Shoulder Throw, Arm Lock |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep  7. Cupped Hand to Neck  8. Knife Hand to Jaw  9. Pinch Top Lip |  |

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| **Knife Defences** | |
| KD3 Downwards Stab to Head TD&F  Block with Same Arm,  Wrap Arm, Standing Fig 4 Lock  Fig 4 Takedown into Lock |  |
| KD4 Swinging into Side TD&F  Allow to Pass, Grab Wrist, Twist Vertical,  Kote Gaeshi Takedown  Wrist Lock |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 13  Push Kick, Mid Sect, Right Leg  1 Step, Axe Kick, High Sect, Left Leg  Axe Kick, High Sect, Right Leg  Spin Back Kick, Mid Sect, Left Leg  Push Kick, Mid Sect, Right Leg  360 Round Kick, Mid Sect, Left Leg |  |
| Kick Combination 14  Push Kick, Mid Sect, Right Leg  Spin Crescent Kick, Mid Sect, Left Leg  Spin Hook Kick, High Sect, Left Leg  360 Round Kick, Mid Sect, Right Leg  360 Crescent Kick, Mid Sect, Right Leg  Spinning Reverse Foot Sweep, Left Leg |  |

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| **Student Created Combinations** | |
| 4 Combinations of 4 Tech with TD&F |  |
| 1.  2.  3.  4. |  |
| 1.  2.  3.  4. |  |
| 1.  2.  3.  4. |  |
| 1.  2.  3.  4. |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking & Punching)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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| **Padwork & Sparring** | |
| Sparring  1 x 3 Min (Blocking Punches & Kicks)  1 x 3 Min (Punches & Kicks vs Blocking)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring) |  |

A logo of a martial arts fighter

AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**1ST KYU SYLLABUS**

**(BROWN BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Jump Round Kick, High Sect, Rear Leg |  |
| Jump Round Kick, High Sect, Front Leg |  |
| 360 Round Kick, High Sect |  |
| Jump Front Kick, Mid Sect, Rear Leg |  |
| Jump Front Kick, Mid Sect, Front Leg |  |
| Stamp Kick, Mid Sect, Rear Leg |  |
| Jump Side Kick, Mid Sect |  |
| Fake Knee, Side Kick, Mid Sect |  |
| Crescent Kick, Mid Sect, Rear Leg |  |
| Crescent Kick, Mid Sect, Front Leg |  |
| Inside Crescent Kick, Front Leg |  |
| Spin Crescent Kick, Mid Sect, Rear Leg |  |
| Spin Crescent Kick, Mid Sect, Front Leg |  |
| Spin Crescent Kick, High Sect, Rear Leg |  |
| Spin Crescent Kick, High Sect, Front Leg |  |
| Jump Spin Crescent Kick, High Sect |  |
| 360 Crescent Kick, High Sect |  |
| Back Kick, Mid Sect, Rear Leg |  |
| Back Kick, Mid Sect, Front Leg |  |
| Jump Back Kick, Mid Sect, Rear Leg |  |
| Jump Back Kick, Mid Sect, Front Leg |  |
| Jump Spin Back, Mid Sect |  |
| Spin Hook Kick, High Sect, Rear Leg |  |
| Spin Hook Kick, High Sect, Front Leg |  |
| Jump Spin Hook, High Sect |  |
| Fake Knee, Hook Kick, High Sect |  |
| Jump Axe Kick, High Sect, Front Leg |  |
| Foot Sweep |  |

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| **Punch Techniques** | |
| Sliding Cross Punch |  |
| Jumping Jab Punch |  |
| Jumping Cross Punch |  |

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| **Knee Techniques** | |
| Jump Knee, Mid Sect, Front Leg |  |
| Jump Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Jab Elbow |  |
| Spinning Elbow |  |

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| **Block Techniques** | |
| Jab Slip, Takedown, Finish |  |
| Round Kick Defence, TD&F |  |
| Knee Strike Defence, TD&F |  |
| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

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| **12 Punch Combination 2 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Cross  L Hook / R Cross  L Uppercut / R Cross  L Uppercut / R Cross  L Spin Back Fist / R Spin Back Fist |  |

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| **14 Punch Combination (Left Stance)** | |
| L Hook / R Spin Backfist / L Hook  R Hook / L Spin Backfist / R Hook  L Uppercut / L Hook  R Uppercut / R Hook  L Hook / L Jab  R Hook / R Cross |  |

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| **16 Punch Combination (Left Stance)** | |
| L Double Jab / R Cross  L Hook / R Spin Back Fist / R Back Fist  L Thai Strike  R Cross / L Uppercut  R Cross / L Uppercut  R Cross / L Uppercut  R Hook / L Spin Back Fist / L Back Fist |  |

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| **50 Punch Combination (Left Stance)** | |
| 5 x Jab / Cross (Standing)  5 x Jab / Cross (You on Back)  5 x Jab / Cross (Standing)  5 x Jab / Cross (Partner on Back)  5 x Jab / Cross (Standing) |  |

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| **Block Combinations (Left Stance)** | |
| Block Combination 1  R/L Palm Deflect Straight Punch  R/L Body & Rib Cover  R/L Hook Cover  Downward Evade Hook Punch  Strike to Opponents Face |  |

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AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**1ST KYU SYLLABUS**

**(BROWN BELT)**

|  |  |
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| **Block Combinations (Left Stance)** | |
| Block Combination 2  R/L Block, Front Kick  R/L Block, Round Kick, Low Sect  R/L Block, Inner Leg Kick |  |
| Block Combination 3  R Rising Block  R Inwards Cross Block  R Outwards Cross Block  L Rising Block  L Inwards Cross Block  L Outwards Cross Block |  |
| Block Combination 4  R Double Forearm Block of Kick  L Cross Block to Outside of Punch  L Double Forearm Block of Kick  R Cross Block to Outside of Punch |  |
| Block Combination 5  Rising X Block  R/L Downward Forearm Block  Downward X Block |  |

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| **Self Defence Techniques** | |
| Escape Round Kick Grab  V1 Turn & Kick Out |  |
| Escape Round Kick Grab  V2 Grab Neck, Knee to Chest |  |
| Double Hand Grab Removal, TD&F  V1, Break, Hands on Elbow, Twist Down & Lock |  |
| Double Hand Grab Removal, TD&F  V2, Knee Wheel, Arm Lock |  |
| Escape Head Lock, TD&F  V2 Head Grab & Leg Kick, Strike or Lock |  |
| Escape Head Lock, TD&F  V3 Should Push & Shin Pull, Knee Lock |  |
| Escape Head Lock, TD&F  V4 Rolling Breakfall Escape, Arm or Neck Lock |  |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep  7. Cupped Hand to Neck  8. Knife Hand to Jaw  9. Pinch Top Lip  10. Fingers Under Ears Behind Jaw |  |

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| **Knife Defences** | | |
| KD5 Pointing into Throat TD&F  Turn Head, Alternate Arms Up and Down  Into Fig 4 Lock, Fig 4 Takedown into Lock |  | |
| **Knife Defences** | | |
| KD6 Swinging at Head TD&F  Double Forearm Block, Grab Wrist  Elbow Head into Standing Guillotine  Apply Back Hammer Lock | |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 15  Spin Hook Kick, High Sect, Right Leg  Spin Crescent Kick, High Sect, Right Leg  Spin Hook Kick, High Sect, Left Leg  Spin Crescent Kick, High Sect, Left Leg  Jump Front Kick, Mid Sect, Right Leg  Jump Spin Crescent Kick, Mid, Left Leg |  |
| Kick Combination 16  Fake Knee, Side Kick, Mid, Right Leg  Step Side Kick, Mid Sect, Right Leg  Push Kick, Mid Sect, Left Leg  Jump Knee, Mid Sect, Left Leg  Spin Crescent Kick, High Sect, Right Leg  Jump Spin Hook, Mid Sect, Right Leg |  |

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| **Student Created Combinations** | |
| 5 Combinations of 5 Tech with TD&F |  |
| 1.  2.  3.  4.  5. |  |
| 1.  2.  3.  4.  5. |  |
| 1.  2.  3.  4.  5. |  |
| 1.  2.  3.  4.  5. |  |
| 1.  2.  3.  4.  5. |  |

A logo of a martial arts fighter

AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**1ST KYU SYLLABUS**

**(BROWN BELT)**

|  |  |
| --- | --- |
| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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| --- | --- |
| **Padwork & Sparring** | |
| Sparring  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring) |  |

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AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**1ST DAN SYLLABUS**

**(BLACK BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Round Kick, Low Sect Rear Leg |  |
| Round Kick, Low Sect, Front Leg |  |
| Round Kick, Mid Sect Rear Leg |  |
| Round Kick, Mid Sect, Front Leg |  |
| Round Kick, High Sect Rear Leg |  |
| Round Kick, High Sect, Front Leg |  |
| Step Round Kick, Mid Sect, Rear Leg |  |
| Jump Round Kick, Mid Sect, Rear Leg |  |
| Jump Round Kick, Mid Sect, Front Leg |  |
| Jump Round Kick, High Sect, Rear Leg |  |
| Jump Round Kick, High Sect, Front Leg |  |
| 360 Round Kick, High Sect |  |
| Inner Leg Kick, Rear Leg |  |
| Inner Leg Kick, Front Leg |  |
| Push Kick, Mid Sect, Rear Leg |  |
| Push Kick, Mid Sect, Front Leg |  |
| Jump Front Kick, Mid Sect, Rear Leg |  |
| Jump Front Kick, Mid Sect, Front Leg |  |
| Slide Kick, Mid Sect, Front Leg |  |
| Snap Kick, Mid Sect, Front Leg |  |
| Stamp Kick, Mid Sect, Rear Leg |  |
| Side Kick, Mid Sect, Front Leg |  |
| Side Kick, Mid Sect, Rear Leg |  |
| Step Side Kick, Mid Sect |  |
| Jump Side Kick, Mid Sect |  |
| Fake Knee, Side Kick, Mid Sect |  |
| Crescent Kick, Mid Sect, Rear Leg |  |
| Crescent Kick, Mid Sect, Front Leg |  |
| Crescent Kick, High Sect, Rear Leg |  |
| Crescent Kick, High Sect, Front Leg |  |
| Inside Crescent Kick, Front Leg |  |
| Spin Crescent Kick, High Sect, Rear Leg |  |
| Spin Crescent Kick, High Sect, Front Leg |  |
| Jump Spin Crescent Kick, Mid Sect |  |
| Jump Spin Crescent Kick, High Sect |  |
| 360 Crescent Kick, High Sect |  |
| Back Kick, Mid Sect, Rear Leg |  |
| Back Kick, Mid Sect, Front Leg |  |
| Jump Back Kick, Mid Sect, Rear Leg |  |
| Jump Back Kick, Mid Sect, Front Leg |  |
| Spin Back Kick, Mid Sect, Rear Leg |  |
| Spin Back Kick, Mid Sect, Front Leg |  |
| Jump Spin Back, Mid Sect |  |
| Hook Kick, High Sect, Front Leg |  |
| Step Hook Kick, High Sect |  |

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| **Kick Techniques** | |
| Spin Hook Kick, High Sect, Rear Leg |  |
| Spin Hook Kick, High Sect, Front Leg |  |
| Jump Spin Hook, High Sect |  |
| Fake Knee, Hook Kick, High Sect |  |
| Axe Kick, High Sect, Rear Leg |  |
| Axe Kick, High Sect, Front Leg |  |
| 1 Step, Axe Kick, High Sect, Front Leg |  |
| Jump Axe Kick, Mid Sect, Front Leg |  |
| Jump Axe Kick, High Sect, Front Leg |  |
| Foot Sweep |  |
| Spinning Reverse Foot Sweep |  |

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| **Punch Techniques** | |
| Jab Punch |  |
| Cross Punch |  |
| Hook Punch |  |
| Uppercut Punch |  |
| Body Shot Punch |  |
| Backfist |  |
| Drop Jab |  |
| Thai Strike |  |
| Spinning Backfist |  |
| Sliding Jab Punch |  |
| Sliding Cross Punch |  |
| Jumping Jab Punch |  |
| Jumping Cross Punch |  |

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| **Knee Techniques** | |
| Front Knee, Mid Sect, Rear Leg |  |
| 1 Step Knee, Mid Sect, Rear Leg |  |
| Long Knee, Mid Sect, Rear Leg |  |
| Round Knee, Mid Sect, Rear Leg |  |
| Jump Knee, Mid Sect, Front Leg |  |
| Jump Knee, Mid Sect, Rear Leg |  |

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| **Elbow Techniques** | |
| Hook Elbow |  |
| Uppercut Elbow |  |
| Downward Elbow |  |
| Snap Elbow |  |
| Jab Elbow |  |
| Spinning Elbow |  |

A logo of a martial arts fighter

AI-generated content may be incorrect.**STRIKE MARTIAL ARTS: NORTH DEVON**

**KICKBOXING & SELF DEFENCE**

**1ST DAN SYLLABUS**

**(BLACK BELT)**

|  |  |
| --- | --- |
| **Block Techniques** | |
| Jab Slip, Takedown, Finish |  |
| Round Kick Defence, TD&F |  |
| Knee Strike Defence, TD&F |  |

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| --- | --- |
| **12 Punch Combination 1 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Hook  L Uppercut / R Uppercut  L Hook / R Hook  R Back Fist / L Back Fist  L Spin Back Fist / R Spin Back Fist |  |

|  |  |
| --- | --- |
| **12 Punch Combination 2 (Left Stance)** | |
| L Jab / R Cross  L Hook / R Cross  L Hook / R Cross  L Uppercut / R Cross  L Uppercut / R Cross  L Spin Back Fist / R Spin Back Fist |  |

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| --- | --- |
| **14 Punch Combination (Left Stance)** | |
| L Hook / R Spin Backfist / L Hook  R Hook / L Spin Backfist / R Hook  L Uppercut / L Hook  R Uppercut / R Hook  L Hook / L Jab  R Hook / R Cross |  |

|  |  |
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| **16 Punch Combination (Left Stance)** | |
| L Double Jab / R Cross  L Hook / R Spin Back Fist / R Back Fist  L Thai Strike  R Cross / L Uppercut  R Cross / L Uppercut  R Cross / L Uppercut  R Hook / L Spin Back Fist / L Back Fist |  |

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| --- | --- |
| **50 Punch Combination (Left Stance)** | |
| 5 x Jab / Cross (Standing)  5 x Jab / Cross (You on Back)  5 x Jab / Cross (Standing)  5 x Jab / Cross (Partner on Back)  5 x Jab / Cross (Standing) |  |

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| --- | --- |
| **Block Combinations (Left Stance)** | |
| Block Combination 1  R/L Palm Deflect Straight Punch  R/L Body & Rib Cover  R/L Hook Cover  Downward Evade Hook Punch  Strike to Opponents Face |  |

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| **Block Combinations (Left Stance)** | |
| Block Combination 2  R/L Block, Front Kick  R/L Block, Round Kick, Low Sect  R/L Block, Inner Leg Kick |  |
| Block Combination 3  R Rising Block  R Inwards Cross Block  R Outwards Cross Block  L Rising Block  L Inwards Cross Block  L Outwards Cross Block |  |
| Block Combination 4  R Double Forearm Block of Kick  L Cross Block to Outside of Punch  L Double Forearm Block of Kick  R Cross Block to Outside of Punch |  |
| Block Combination 5  Rising X Block  R/L Downward Forearm Block  Downward X Block |  |

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| **Self Defence Techniques** | |
| Escape Front Kick Grab  Point Toes, Jump & Push Into stomach |  |
| Escape Round Kick Grab  V1 Turn & Kick Out |  |
| Escape Round Kick Grab  V2 Grab Neck, Knee to Chest |  |
| Single Hand Grab Removal, TD&F  Twist, Elbow to Elbow, Push to Ground  Straight Arm Lock |  |
| Double Hand Grab Removal, TD&F  V1 Break, Hands on Elbow, Twist Down & Lock |  |
| Double Hand Grab Removal, TD&F  V2, Knee Wheel, Arm Lock |  |
| Escape Arm Lock, TD&F  Lock Arms, Grab Neck, Leg Sweep, Lock |  |
| Escape Head Lock, TD&F  V1 Punch Through, Elbow, Arm Break  Drop Shoulder Throw, Arm Lock |  |
| Escape Head Lock, TD&F  V2 Head Grab & Leg Kick  Strike or Lock |  |
| Escape Head Lock, TD&F  V3 Should Push & Shin Pull  Knee Lock |  |
| Escape Head Lock, TD&F  V4 Rolling Breakfall Escape  Arm or Neck Lock |  |

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**KICKBOXING & SELF DEFENCE**

**1ST DAN SYLLABUS**

**(BLACK BELT)**

|  |  |
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| **Self Defence Techniques** | |
| 10 Pressure Point System  1. Thumb to Centre of Wrist  2. Thumb to Inside of Elbow  3. Back Knuckle to Forearm  4. Thumb to Forearm  5. Back Knuckle to Bicep  6. Thumb to Bicep  7. Cupped Hand to Neck  8. Knife Hand to Jaw  9. Pinch Top Lip  10. Fingers Under Ears Behind Jaw |  |

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| **Knife Defences** | |
| KD1 to Stomach TD&F  Step Out, Double Knife Hand Strike  Grab, Elbow into Fig 4 Lock  Turn Towards, Fig 4 T/D & Lock |  |
| KD2 Swinging at Head TD&F  Downward Evade, Thai Strike  Standing Arm Triangle Choke  Sweep into Ground Arm Triangle Choke |  |
| KD3 Downwards Stab to Head TD&F  Block with Same Arm,  Wrap Arm, Standing Fig 4 Lock  Fig 4 Takedown into Lock |  |
| KD4 Swinging into Side TD&F  Allow to Pass, Grab Wrist, Twist Vertical,  Kote Gaeshi Takedown, Wrist Lock |  |
| KD5 Pointing into Throat TD&F  Turn Head, Alternate Arms Up and Down  Into Fig 4 Lock  Fig 4 Takedown into Lock |  |
| KD6 Swinging at Head TD&F  Double Forearm Block, Grab Wrist  Elbow Head into Standing Guillotine  Apply Back Hammer Lock |  |

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| **Kick Combinations (Left Stance)** | |
| Kick Combination 17  Round Kick, Low Sect, Right Leg  Round Kick, Mid Sect, Left Leg  Round Kick, High Sect, Right Leg  Step Hook Kick, High Sect, Right Leg  Round Kick, Mid Sect, Left Leg  Round Kick, Low Sect, Right Leg  Jump Front Kick, Mid Sect, Left Leg |  |
| Kick Combination 18  Push Kick, Mid Sect, Right Leg  Jump Round Kick, Mid Sect, Right Leg  Step Side Kick, Mid Sect, Right Leg  Push Kick, Mid Sect, Left Leg  Jump Front Kick, Mid Sect, Right Leg  360 Round Kick, Mid Sect, Right Leg  Jump Spin Crescent Kick, High, Left Leg |  |

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| **Student Created Combinations** | |
| 6 Combinations of 6 Tech with TD&F |  |
| 1.  2.  3.  4.  5.  6. |  |
| 1.  2.  3.  4.  5.  6. |  |
| 1.  2.  3.  4.  5.  6. |  |
| 1.  2.  3.  4.  5.  6. |  |
| 1.  2.  3.  4.  5.  6. |  |
| 1.  2.  3.  4.  5.  6. |  |

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| **Padwork & Sparring** | |
| Padwork  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding)  1 x 3 Min (Kicking/Punching/Guarding) |  |

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| **Padwork & Sparring** | |
| Sparring  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring)  1 x 3 Min (Light Contact Sparring) |  |

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**KICKBOXING & SELF DEFENCE**

**2ND – 4TH DAN SYLLABUS**

**(BLACK BELT)**

**STUDENT:**

**LICENCE NUMBER:**

**SOCIAL MEDIA: YES / NO**

**DATE PASSED:**

**INSTRUCTOR SIG:**

**SYLLABUS: ADULT / JUNIOR**

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| **Kick Techniques** | |
| Instructor to choose 10 Kick Techniques from 1st Dan Syllabus |  |
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| **Punch Techniques** | |
| Instructor to choose 4 Punch Techniques from 1st Dan Syllabus |  |
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| **Knee Techniques** | |
| Instructor to choose 3 Knee Techniques  from 1st Dan Syllabus |  |
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| **Elbow Techniques** | |
| Instructor to choose 3 Elbow Techniques from 1st Dan Syllabus |  |
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| **Block Techniques** | |
| Instructor to choose 4 Block Techniques from 1st Dan Syllabus |  |
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| **Punch Combinations** | |
| Instructor to choose 2 Punch Combinations from 1st Dan Syllabus |  |
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| **Block Combinations** | |
| Instructor to choose 2 Block Combinations from 1st Dan Syllabus |  |
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| **Self Defence Techniques** | |
| Instructor to choose 6 Self Defence Techniques from 1st Dan Syllabus |  |
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| **Knife Defences** | |
| Instructor to choose 3 Knife Defence Techniques from 1st Dan Syllabus |  |
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| **Kick Combinations (Left Stance)** | |
| Instructor to choose 6 Kick Combinations from **any grade** in the Syllabus |  |
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| **Student Created Combinations** | |
| Student to defend with TD&F |  |
| 3 x Different Punches  1.  2.  3. |  |
| 3 x Different Kicks  1.  2.  3. |  |
| 3 x Different Grabs  1.  2.  3. |  |

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**KICKBOXING & SELF DEFENCE**

**2ND – 4TH DAN SYLLABUS**

**(BLACK BELT)**

**Dan Grading Notes:**

**1st Dan Black Belt Grading**

In order for a student to undertake a Dan Grading, they must first complete the 1st Dan Black Belt sheet using the PGS Grading system to show they are at the right level of knowledge to attempt the formal grading.

The formal grading will take place in front of a panel of Instructors.

The student will be required to demonstrate every technique on the Black Belt grading sheet and each technique will be scored.

If the required score is achieved the student will pass the grading and a certificate and belt will be awarded. Should the student fail, the whole grading must be attempted again.

**2nd – 4th Dan Black Belt Grading**

In order for a student to undertake a 2nd to 4th Dan Grading, the required number of years must have elapsed and the student must have trained regularly during that period. The required time frames are as follows:

1st Dan to 2nd Dan – 2 years

2nd Dan to 3rd Dan – 3 years

3rd Dan to 4th Dan – 4 years

There is no formal assessment prior to these gradings but the student is advised to ensure they have a good knowledge of the whole syllabus.

The formal grading will take place in front of a panel of Instructors.

The student will be required to demonstrate a selection of techniques from the entire syllabus. Each technique will be scored.

The techniques will be selected by the Senior Grading Instructor and the student will receive no indication of which techniques have been selected prior to the grading taking place.

As the student progresses from 2nd Dan to 3rd etc, their previous grading sheet is to be consulted to ensure different techniques are assessed on each grading.

If the required score is achieved the student will pass the grading and a certificate and belt will be awarded. Should the student fail, the whole grading must be attempted again and a different selection of techniques will be made.