

## Syllabus

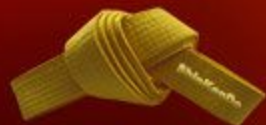
# BELT GRADING

**GRADE**

**THEORY**

**PRACTICAL**

**DURATION**



**1ST GRADE**  
White to Yellow Belt

Fighting Stance

Skip Jab Punch  
Skip Cross Punch  
Skip Jab & Cross Punch

Combination of Basic Blocks

Skip Front Elbow & Reverse Elbow

Front knee  
Round knee

Front Stomp Kick  
Front Kick (Groin)  
Round Kick (Thigh/Groin)

Horse Stance (15 seconds)

Wrist Arm locks 1+2

Knife Defence 1+2

Escape 1+2

Baton Defence 1+2

Throw 1+2

Leg locks 1+2

Chokes Position 1+2

1 Step Sparring

6 to 8 weeks  
(Twice Weekly)