

Syllabus

BELT GRADING

GRADE

THEORY

PRACTICAL

DURATION



2nd GRADE

Yellow To Green Belt

Skip Jab punch
Skip Cross Punch
Skip Jab and Cross Punch
Skip Round and Cross Punch
Skip Jab and Hammer Fist
ELBOWS
Skip Front and Reverse Elbows

Combination of Basic Blocks

Front knee
Round knee
Front push kick
Round Kick
Side Kick
Inside Crescent Kick
Outside Crescent Kick

Horse Stance (30 seconds)

Wrist Arm locks 3+4

Knife Defence 3+4

Escape 3+4

Baton Defence 3+4

Throw 3+4

Leg locks 3+4

Chokes Position 3+4

1 Step Sparring
(Blocks/Counters/Restraints)

3 months
(Twice Weekly)