

Syllabus

BELT GRADING

GRADE

THEORY

PRACTICAL

DURATION



3rd GRADE
Green To Blue Belt

Skip Jab punch
Skip Cross Punch
Skip Jab and Cross Punch
Skip Jab and Forward punch
Skip Jab & Spinning (Horizontal) Hammer Fist

Spinning Elbow into Axe Elbow

Combination of Basic Blocks

Front knee
Round knee
Front Push kick
Round kick
Side Kick
Inside Crescent kick
Outside Crescent kick
Spinning Side Kick
Horse Stance (60 seconds)

Wrist Arm locks 5+6

Knife Defence 5+6

Escape 5+6

Baton Defence 5+6

Throw 5+6

Leg locks 5+6

Chokes Position 5+6

1 Step Sparring
(Counters/Restraints/Throws)

3 months
(Twice Weekly)