

Syllabus

BELT GRADING

GRADE

THEORY

PRACTICAL

DURATION



5th GRADE
Red To Brown Belt

Skip Jab Punch
Skip Cross Punch
Skip Jab & Cross Punch
Jab & Spinning forward Rising Hammer Fist
Skip Back Fist lead hand & Cross Punch Groin
Skip Double Knife Hand (lead hand palm down) Rear Knife hand (palm up)
Spinning Elbow Reverse Elbow
Combination of Basic Blocks
Front Knee
Round Knee
Front Push Kick
Round Kick
Side Kick
Inside Crescent kick
Outside Crescent kick
Hook Kick
Spinning Side Kick
Spinning Hook Kick
Horse Stance (2 minute)

Wrist Arm locks 9 & 10
Knife Defence 9 & 10
Escape 9 & 10
Baton Defence 9 & 10
Throw 9 & 10
Leg locks 9 & 10
Chokes Position 9 & 10
Kumite (Sparring)
Uke / Tori (Attacker & Defender)
Board Breaking 1 Board
(Hand & Leg)

3 months
(Twice Weekly)