

# Syllabus

# BELT GRADING

GRADE

THEORY

PRACTICAL

DURATION



**6th GRADE**

**Brown To Black Tag**

Skip Jab Punch  
Skip Cross Punch  
Skip Jab & Cross Punch  
Jab and Spinning Forward Rising Hammer Fist  
Skip Double Knife Hand (lead hand palm down/rear hand palm down)  
Skip Front Horizontal Palm, Front Groin Palm  
Spinning Wheel Cross Sternum 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  
Spinning Crescent Kick  
  
Front Brush Sweep  
  
Horse Stance (2 minute 30 seconds)

Wrist Arm locks 11A & 11B

Knife Defence 11A & 11B

Escape 11A & 11B

Baton Defence 11A & 11B

Throw 11A & 11B

Leg locks 11A & 11B

Chokes Position 11A & 11B

Kumite (Sparring)

Uke / Tori (Attacker & Defender)

Board Breaking 2 Board with gaps  
(Hand & Leg)

**6 months**  
**(Twice Weekly)**