

# Syllabus

# BELT GRADING

**GRADE**

**THEORY**

**PRACTICAL**

**DURATION**



**6th GRADE**

**Brown To Black Tag**

Skip Jab Punch  
Skip Cross Punch  
Skip Jab & Cross Punch  
Skip lead hand lower Palm & Rear Hand Side Palm  
Skip lead knife hand Rear Descending Knife Hand  
Spinning Wheel Elbow Cross Sternum Elbow  
Combination of Basic Blocks  
Front knee  
Round knee  
Lead leg Front Heel Kick  
Lead leg Round Ball Kick  
Lead leg Side Kick  
Lead leg Hook Kick  
(Rear Leg) Inside Axe kick  
(Rear Leg) Outside Axe kick  
Spinning Side Kick  
Spinning Hook kick  
Spinning Crescent kick  
Brush Sweep

Horse Stance (3 minutes )

Wrist Arm locks 12A & 12B

Knife Defence 12A & 12B

Escape 12A & 12B

Baton Defence 12A & 12B

Throw 12A & 12B

Leg locks 12A & 12B

Chokes Position 12A & 12B

Kumite (Sparring)  
Uke / Tori (Attacker & Defender)

Board Breaking 2 Board no gaps  
(Hand & Leg)

**12 months  
(Twice Weekly)**