

1st Grade Red Belt

Punches

1. Jab, Cross Punch
2. Backfist (Lead Arm Head), Reverse Punch (Back Arm Body)
3. Hook Punch (Lead Arm Head), Uppercut (Back Arm)

Kicks

4. Front Kick (Lead Leg)
5. Side Kick (Lead Leg)
6. Roundhouse Kick (Lead Leg)
7. Hook Kick (Lead Leg)

Combinations

9. Front Kick (Lead Leg), Jab, Cross Punch

Focus Mitts

- P - Jab, Cross
K - Side Kick

Bag Work

3x 1 Minute Rounds

Fitness

10 Minutes Total Basic Fitness:

Press Ups, Sit Ups, Squat Jumps, Star Jumps, Burpees, Plank, Horse Stance

Sparring (Gloves Required)

Body Contact Only

Students will be asked to demonstrate tying their belt at grading

2nd Grade Yellow Belt

Punches

1. Step Through Jab, Cross Punch
2. Step Through Backfist, Reverse Punch
3. Step Through Hook Punch, Uppercut

Kicks

4. Front Kick (Back Leg Coming Forward)
5. Side Kick (Back Leg Coming Forward)
6. Roundhouse Kick (Back Leg Coming Forward)
7. Hook Kick (Back Leg Coming Forward)

Combinations

8. Jab, Cross, Roundhouse Kick (Back Leg Coming Forward)

Focus Mitts

- P - Hook Punch, Uppercut
K - Roundhouse Kick

Bag Work

3x 1 Minute Rounds

Fitness

10 Minutes Total Basic Fitness:

Press Ups, Sit Ups, Squat Jumps, Star Jumps, Burpees, Plank, Horse Stance

Sparring (Head Guard and Gum Shield Required)

Attacking Only
Defending Only

Students will be asked to demonstrate tying their belt at grading

3rd Grade Orange Belt

Punches

1. Sliding Jab
2. Sliding Backfist, Reverse Punch
3. Sliding Hook Punch, Uppercut

Kicks

4. One Step Front Kick
5. One Step Side Kick
6. One Step Roundhouse Kick
7. One Step Hook Kick

Combinations

8. Sliding Jab (Lead Arm), Cross, One Step Axe Kick (Lead Leg)

Focus Mitts

- P - Blitz (Lead Arm Backfist Head, Back Arm Reverse Punch Body)
K - Hook Kick

Bag Work

3x 1 Minute Rounds

Fitness

10 Minutes Total Basic Fitness:

Press Ups, Sit Ups, Squat Jumps, Star Jumps, Burpees, Plank, Horse Stance

Sparring (Foot Pads and Shin Guards Required)

General Sparring

4th Grade Green Belt

Punches

1. Sliding Double Jab (Lead Arm)
2. Backfist (Lead Arm), Ridge Hand (Back Arm)
3. Double Hook Punch (Lead Arm Body, Head), Uppercut (Back Arm), Hook Punch (Lead Arm)

Kicks

4. Sliding Front Kick (Lead Leg)
5. Sliding Side Kick (Lead Leg)
6. Sliding Roundhouse (Lead Leg)
7. One Step Hook Kick (Lead Leg)

Combinations

8. Sliding Roundhouse Kick (Lead Leg), Backfist (Lead Arm), Reverse Punch

Focus Mitts

- P - See It, Hit It - Punches on the spot
K - See It, Hit It - Kicks on the spot

Bag Work

3x 2 Minute Rounds

Fitness

10 Minutes Total Intermediate Fitness:
Press Up Variation, Ab Exercises, Leg Exercises, Burpees, Plank, Horse Stance, Hollow Body

Sparring (Full Sparring Kit Required)

Points Fighting Rounds

5th Grade Blue Belt

Line Work Conducted with Bouncing Movement

Punches

1. Sliding Jab, Hook (Same Lead Arm), Reverse Punch
2. Backfist (Lead Arm), Spinning Backfist (Back Arm Coming Forward)
3. Blitz (Lead Arm Backfist Head, Back Arm Reverse Punch Body)

Kicks

4. Spinning Back Kick (Back Leg Coming Forward)
5. Spinning Crescent Kick (Back Leg Coming Forward)
6. Spinning Hook Kick (Back Leg Coming Forward)

Combinations

7. Roundhouse Kick (Back Leg Coming Forward), Spinning Back Kick (Back Leg Coming Forward), Backfist, Reverse Punch

Focus Mitts

- P - See It, Hit It - Punches with movement
- K - See It, Hit It - Spinning Kicks
- C - Syllabus Combinations (from line-work)

Bag Work

3x 2 Minute Rounds

Fitness

10 Minutes Total Intermediate Fitness:

Press Up Variation, Ab Exercises, Leg Exercises, Burpees, Plank, Horse Stance, Hollow Body

Sparring

Continuous Fighting Rounds
Toe 2 Toe Sparring

6th Grade Purple Belt

7th Grade Purple & White Belt

Line Work Conducted with Bouncing Movement

Punches

1. Reverse Blitz (Back Arm Reverse Punch Body, Lead Arm Backfist Head)
2. Body Blitz (Lead Arm Jab Body, Back Arm Cross Head)
3. Double Jab (Lead Arm), Cross (Back Arm), Hook Punch (Lead Arm), Uppercut (Back Arm)

Kicks

4. Double Roundhouse Kick (Back Leg Coming Forward)
5. Sliding Double Side Kick (Lead Leg)
6. Jumping Side Kick (Back Leg Coming Forward)

Combinations

7. Jab, Cross Punch, Jumping Front Kick (Lead Leg Coming Forward)

Focus Mitts

- P - See It, Hit It - Blitzing and Counters
- K - See It, Hit It - Double Kicks and Jumping Kicks
- C - Syllabus Combination (from line-work)

Bag Work

3x 2 Minute Rounds

Fitness

10 Minutes Total Intermediate Fitness:

Press Up Variation, Ab Exercises, Leg Exercises, Burpees, Plank, Horse Stance, Hollow Body

Sparring

- Hands vs Legs
- Attack vs Counter

8th Grade Brown Belt

Line Work Conducted with Bouncing Movement

Punches

- 1.
2. Selected From Previous 3 Grades By Examiner On The Day
- 3.

Kicks

- 4.
5. Selected From Previous 3 Grades By Examiner On The Day
- 6.

Combinations

- 7.
8. Selected From Previous 3 Grades By Examiner On The Day
- 9.

Focus Mitts

- P - See It, Hit It - Punches (previous Grades)
- K - See it, Hit It - Kicks (previous Grades)
- C - Syllabus Combinations (previous Grades)

Bag Work

4x 2 Minute Rounds

Fitness

10 Minutes Total Advanced Fitness:
Plyometric Exercises, Wall Kicks, Burpee Variations, Get Ups, Plank Variations, Horse Stance, Hollow Body

Sparring

Continuous Sparring
Points Sparring
(4x Scores)