

## **1<sup>st</sup> GRADE - WHITE BELT/YELLOW STRIPE**

*All techniques for White belt should be performed on the spot.*

- 1) Bow-Left palm/right fist
- 2) Ready position
- 3) Finish
- 4) Left stance/right stance
- 5) Jab
- 6) Front kick-Leading leg/Back leg

## **2<sup>nd</sup> GRADE - WHITE BELT/RED STRIPE**

*All techniques for White belt should be performed on the spot.*

- 1) As above plus:
- 2) Back- fist
- 3) Roundhouse kick
- 4) Outer block

## **3<sup>rd</sup> GRADE - WHITE BELT/BLACK STRIPE**

- 1) As above plus:
- 2) Exercises: Press-ups, Sit ups, Squat jumps, Skipping
- 3) Jab/reverse punch
- 4) Sidekick
- 5) Inner block
- 6) Demonstrate Belt Tie up
- 7) Combination work

#### **4<sup>th</sup> GRADE - BLUE BELT/WHITE STRIPE**

Exercises: 10) Press-ups, 10) Sit ups, 10) Squat front kick  
Skipping

- 1) Shuffle forward
- 2) Turns - left/right
- 3) Uppercut punches
- 4) Hook kick-leading/back leg
- 5) Upper block

#### **5<sup>th</sup> GRADE - BLUE BELT/RED STRIPE - As above plus:**

Exercises: 15) Press-ups, 15) Sit ups, 15) Squat front kick  
Skipping

- 1) Hook punch
- 2) Back kick

#### **6<sup>th</sup> GRADE - BLUE BELT/BLACK STRIPE - As above plus:**

Exercises: 20) Press-ups, 20) Sit ups, 20) Squat front kick  
Skipping

- 1) Ridge hand
- 2) Back kick
- 3) Combination of blocks
- 4) Combination of kicks and punches

**NEXT GRADE: BLUE BELT FROM GENESIS SYLLABUS**