



GRADING SYLLABUS

All grading's will be scored on your ability to demonstrate the correct technical application of all moves within this syllabus.

The greater the level of speed, balance and power techniques can be delivered with the higher your overall pass mark.

(NB. To clarify your understanding of techniques and your understanding of application you may be asked questions by members of the grading panel)

(V3 January 2023)

1ST GRADE - WHITE BELT

WARM UP

- Skipping for 1 x 2 minute round
- Shadow Sparring (Hands & Legs) 1 x 1 minute round

TECHNIQUES

(All techniques are to be performed in both stances)

- 1) Shuffle forward with leading arm Jab
- 2) Shuffle forward Jab and Reverse punch
- 3) Shuffle forward with two Back fist (alternate arms)
- 4) Shuffle forward then Front kick
- 5) Shuffle forward then Roundhouse kick
- 6) Shuffle forward then Side kick

EXERCISES

All in quantities of 10: Sit-ups, Push-ups, Squat with front kick

HORSE RIDING STANCE:

1 minute

- Grading Duration 30 minutes
- Equipment required for grading: Skipping rope
- Students may be marked down on their grading for not having the correct equipment on the day.

2ND GRADE - BLUE BELT

WARM UP

- Skipping for 2 x 2 minutes rounds
 - Shadow Boxing (Hands & Legs) one 2 minute round
- (45 seconds recovery between rounds for both above)

TECHNIQUES (All techniques are to be performed in both stances)

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|--|-----------------------|
| 1) Shuffle forward Jab and two Uppercuts | (1 st tag) |
| 2) Shuffle forward Jab and two Hook Punches | (2 nd tag) |
| 3) Shuffle forward Jab and two Ridge Hands | (3 rd tag) |
| | |
| 4) Back leg Front kick, Side kick, Roundhouse kick | (1 st tag) |
| 5) Shuffle forward Hook kick | (2 nd tag) |
| 6) Back kick | (3 rd tag) |

LIGHT CONTINUOUS SPARRING

2 x 2 minute rounds (45 seconds recovery between rounds)

EXERCISES

All in quantities of 20: Sit-ups; Push-ups; Squat with front kick.

HORSE RIDING STANCE

2 minutes

- Grading Duration 45 minutes
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring.
- Students may be marked down on their grading for not having the correct equipment on the day.

3RD GRADE - ORANGE BELT

WARM UP

- Skipping for 3 x 2 minute rounds
- Shadow Boxing (Hands & Legs) two 2 minute rounds
(45 seconds recovery between rounds for both above)

TECHNIQUES (All techniques are to be performed in both stances)

- 1) Shuffle forward, 2 x Outer Block, 2 x Inner Block (alternate arms) (1st tag)
- 2) Shuffle forward, 2 x Upper Block, 2 x Lower Outer Block (alternate arms) (2nd tag)
- 3) Shuffle Forward Jab, Cross Punch, Roundhouse kick (with rear leg) (3rd tag)

- 4) Jumping Front kick (with leading leg) (1st tag)
- 5) Shuffle forward Side kick, Reverse Punch (2nd tag)
- 6) Shuffle forward, Leading arm Back fist, Hook kick (3rd tag)

LIGHT CONTINUOUS SPARRING

3 x 2 minute rounds (45 seconds recovery between rounds)

EXERCISES

All in quantities of 25: Sit-ups; Push-ups; Squat with front kick.

HORSE RIDING STANCE

3 minutes

- Grading Duration 1 hour
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring.
- Students may be marked down on their grading for not having the correct equipment on the day.

4TH GRADE - GREEN BELT

WARM UP

- Skipping for 3 x 2 minute rounds
- Shadow Boxing (Hand + Legs) for 2 x 2 minute rounds

(45 seconds recovery between rounds for both above)

TECHNIQUES (All techniques are to be performed in both stances)

- 1) Switch Stance, Shuffle forward, Hook kick (1st tag)
- 2) Shuffle forward leading leg Side Kick, Upper Block, Reverse Punch (2nd tag)
- 3) Shuffle fwd Rev Punch, Ridge Hand (rear arm), Round' house Kick (lead leg) (3rd tag)
- 4) Roundhouse Kick, Spinning Kick (kicking with back leg first) (1st tag)
- 5) 2 x Axe Kick (rear leg) (2nd tag)
- 6) Jumping Roundhouse Kick (rear leg) (3rd tag)

FOCUS PAD WORK - 2 x 2 minute rounds (Hands & Legs) (45 seconds recovery)

LIGHT CONTINUOUS SPARRING - 4 x 2 minute rounds (45 seconds recovery)

EXERCISES - All in quantities of 30: Sit-ups; Push-ups; Squat with front kick.

BLOCKING TECHNIQUES

(Must be learnt by number, as you will be asked to perform them by number only)

- 1) Attacker: Left Stance. Shuffle forward punch to head with Left arm.
Defender: Left Stance. Shuffle back, outer block with Right arm, Grab Arm, Left elbow to side of temple.
- 2) Same as No. 1 but in Right Stance

HORSE RIDING STANCE - 4 minutes

- Grading Duration 1 hour 20 minutes
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring. Each student also requires their own set of focus pads and bag gloves.
- Students may be marked down on their grading for not having the correct equipment on the day.

5TH GRADE - PURPLE BELT

WARM UP

- Skipping for 2x 2 minute rounds (double ropes, criss cross etc.)
 - Shadow Boxing (Hands & Legs) for 2 x 2 minute rounds
- (45 seconds recovery between rounds for both above)

TECHNIQUES (All techniques are to be performed in both stances)

- 1) Shuffle forward Double jab, Hook punch, Uppercut (alternate arms) (1st tag)
- 2) Shuffle forward Jab, Ridge Hand, Hook punch to the head (alternate arms) (2nd tag)
- 3) Shuffle forward Jab, Elbow to temple, Elbow to temple (alternate arms) (3rd tag)
- 4) Double Side Kick (Lead leg), 2 x Knee thrust (alternate legs) (1st tag)
- 5) Shuffle Back, Outer Lower Block (front arm), Shuffle Forward Back Fist, Rev Punch (2nd tag)
- 6) Jumping Back Kick (with rear leg) (3rd tag)

FOCUS PAD WORK - 2 x 2 minute rounds (Hands + Legs) (45 seconds recovery)

LIGHT CONTINUOUS SPARRING - 5 x 2 minute rounds (45 seconds recovery)

BLOCKING TECHNIQUES:

(To be learnt by number, as you will be asked to perform them by number only. You will also be required to remember all blocking techniques from the Green belt syllabus.)

- 3) Attacker: Left Stance. Step forward punch to face with right arm
Defender: Left Stance. Jump back, block down with left, reverse punch over top with right arm.
- 4) Same as No. 3. - but in Right Stance

HORSE RIDING STANCE

5 minutes

- Grading Duration 1 hour 30 minutes
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring. Each student also requires their own set of focus pads and bag gloves.
- Students may be marked down on their grading for not having the correct equipment on the day.

6TH GRADE - BROWN BELT

WARM UP

- Shadow Boxing (Hands + Legs) 2 x 2 minute rounds.
(45 seconds recovery between rounds)

TECHNIQUES (All techniques are to be performed in both stances)

- 1) Shuffle forward Jab, Hammer, Elbow (upwards to chin), Elbow (to temple) (1st tag)
- 2) Shuffle forward Jab, Chop, Elbow (to temple), Reverse Elbow (2nd tag)
(same arm pulling back across targets).
- 3) Shuffle forward Jab, Cross punch, one step Back fist, Reverse punch. (3rd tag)
- 4) Shuffle forward Side kick (Leading leg) inner crescent kick (rear leg) (1st tag)
- 5) Shuffle forward Hook kick (to head) lead leg, chamber Side kick (to body) (2nd tag)
lead leg, Jumping Back kick
- 6) Jumping Hook kick (back leg), Back kick, Double Roundhouse kick (3rd tag)

FOCUS PAD WORK - 3 x 2 minute rounds (Hands & Legs) (45 seconds recovery)

LIGHT CONTINUOUS SPARRING - 6 x 2 minute rounds (45 seconds recovery)

BLOCKING TECHNIQUES

(To be learnt by number, as you will be asked to perform them by number only. You will also be required to remember all blocking techniques from the Green and Purple belt syllabus.)

- 5) Attacker: Left Stance. Shuffle jab to head. Defender: Left Stance. Block up with left, Reverse punch (bending knees) to solar plexus with right.
- 6) As above in opposite stance.

SELF DEFENCE TECHNIQUES - From following attacks: Swinging Punch; Head Lock

HORSE RIDING STANCE - 6 minutes

- Grading Duration 1 hour 45 minutes
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring. Each student also requires their own set of focus pads and bag gloves.
- Students may be marked down on their grading for not having the correct equipment on the day.

7TH GRADE - BROWN STRIPE BELT

WARM UP

- Shadow boxing (Hands + Legs) 3 x 2 minute rounds
(45 second recovery between rounds)

TECHNIQUES (All techniques are to be performed in both stances)

- 1) Shuffle forward Jab, 2 Uppercuts (lead arm), 2 Hooks (Body head rear arm) (1st tag)
- 2) Shuffle forward Jab, one step Back fist, Spinning Back fist (2nd tag)
- 3) Shuffle forward feint jab, Left Hook, Bob right, right cross, left hook head, right hook body (3rd tag)
- 4) Front kick, Jumping (leading leg) Axe kick, Hook kick, Hook kick (1st tag)
- 5) Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick (2nd tag)
- 6) Jumping Back kick, Jumping Side kick (back legs) (3rd tag)

FOCUS PAD WORK - 2 x 2 minute rounds (45 seconds recovery)

BAG WORK - 3 x 2 minute rounds (Hands + Legs) (45 seconds recovery)

LIGHT CONTINUOUS SPARRING - 7 x 2 minute rounds (45 seconds recovery between rounds)

BLOCKING TECHNIQUES

(To be learnt by number, as you will be asked to perform them by number only. You will also be required to remember all blocking techniques from Green, Purple and Brown belt Syllabus).

- 7) Attacker: Left Stance. Roundhouse kick to body with Right leg.
Defender: Left Stance. Inner block with right leg. Roundhouse kick with same leg to head.
- 8) As above in opposite stance

SELF DEFENCE TECHNIQUES - Attacks: Swinging Punch; Head Lock; Single Arm from Rear; Double Arm Bear Hug from Rear.

HORSE RIDING STANCE - 8 minutes

- Grading Duration 2 hours
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring. Each student also requires their own set of focus pads and bag gloves.
- Students may be marked down on their grading for not having the correct equipment on the day.

8TH GRADE - BLACK BELT

Seniors (18yrs+) must be able to perform total syllabus from white belt through to black belt.

Must have attended 3 Black Belt Tag training courses.

WARM UP

- Shadow boxing (Hands + Legs) 2 x 2 minute rounds
(45 seconds recovery between rounds)

TECHNIQUES

All techniques are to be performed in both stances.

1. One step Back fist, Spinning Back fist, Knee thrust to side of body, Knee thrust to solar plexus.
2. Shuffle forward Jab, jump back blocking down with same arm, Shuffle forward Reverse punch, Side kick (leading leg), Back kick.
3. Shuffle forward finger jab to eyes, one step Elbow, Grab and Front Sweep
4. Hook kick + Roundhouse kick (same leg), Hook kick + Roundhouse kick (same leg), Jumping Spinning kick,
5. Jump back with Side kick, Back fist & Reverse punch (Blitz technique).
6. Outer Crescent kick, one step jumping spinning Inner Crescent kick (cyclone kick)

FOCUS PAD WORK

(Hands + Legs) 3 x 2 minute rounds (45 seconds recovery)

BAG WORK

3 x 2 minute rounds
(45 seconds recovery)

LIGHT CONTINUOUS SPARRING

10 x 2 minute rounds

BLOCKING TECHNIQUES numbers 9 to 16 (N.B. All techniques must be learnt by number)

To make it easier to understand all blocking techniques listed below are explained in Left Stance, but they must be practised in both left and right stance.

ATTACK & DEFENCE

9)	(Attack)	Roundhouse kick to Body	(Defence)	Left Lower Outer Forearm Block
10)	(Attack)	Roundhouse kick to Head	(Defence)	Right Forearm Inner Block
11)	(Attack)	Front kick to Groin	(Defence)	Left Leg Stomp kick
12)	(Attack)	Front kick to Upper Chest	(Defence)	Shuffle back Double Palm Block down
13)	(Attack)	Side kick to Body	(Defence)	Right leg step across behind you, Left Lower Inner Block
14)	(Attack)	Hammer punch to Head	(Defence)	Left Upper Rising Block
15)	(Attack)	Ridge Hand to Head	(Defence)	Left Upper Outer Block
16)	(Attack)	Roundhouse kick to Body	(Defence)	Left Knee/Shin Block

SELF DEFENCE TECHNIQUES

From following Attacks: Swinging Punch; Head Lock; Single Arm from Rear; Double Arm Bear Hug from Rear; Football Kick; Hair Grab; Wrist Grab

HORSE RIDING STANCE

15 minutes

- Grading Duration 4 hours – Pass marks:

85% and above = Pass	80 – 85% = Referral	79% and below = Fail
45yrs + 80% and above = Pass	75 – 80% = Referral	74% and below = Fail
- Required equipment: Skipping rope, full sparring equipment including head guard, gum shield, Boxing gloves (point fight gloves are not suitable), shin pads, foot pads. Males are also required to have a groin guard and it is advised that females wear chest protection for sparring. Each student also requires their own set of focus pads and bag gloves.
- Students may be marked down on their grading for not having the correct equipment on the day.