



GRADING SYLLABUS

JUNIOR BLACK BELTS

ALL GRADINGS WILL BE MARKED ON:
FITNESS, POWER, SPEED, ACCURACY, EFFORT & ATTITUDE.

(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 2013)

Junior Black Belt - Under 18 years

To take your Junior Black Belt you will need to practice the whole syllabus, but the following techniques are those that you will be graded on at your Black Belt grading.

WARM UP

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

TECHNIQUES - HANDS - From Brown, Brown Stripe & Black Belts

- Shuffle forward Jab, Hammer, Elbow (upwards to chin), Elbow (to temple)
- Shuffle forward Jab, Chop, Elbow (to temple), Reverse Elbow (same arm pulling back across targets).
- Shuffle forward Jab, Cross punch, one step Back fist, Reverse punch.

- Shuffle forward Jab, 2 Uppercuts (lead arm), 2 Hooks (Body head rear arm).
- Shuffle forward Jab, one step Back fist, Spinning Back fist.
- Step Shuffle FWD feint jab, Left Hook, Bob right, Right cross, left hook head, right hook body

- One step Back fist, Spinning Back fist, Knee thrust to side of body, Knee thrust to solar plexus.
- Shuffle forward Jab, jump back blocking down with same arm, Shuffle forward Reverse punch, Side kick (leading leg), Back kick.
- Shuffle forward finger jab to eyes, one step Elbow, Grab and Front Sweep

TECHNIQUES - LEGS - From Brown, Brown Stripe & Black Belts

- Shuffle forward Side kick (Leading leg) inner crescent kick (rear leg)
- Shuffle forward Hook kick (to head) lead leg, chamber Side kick (to body) lead leg, Jumping Back kick
- Jumping Hook kick (back leg), Back kick, Double Roundhouse kick

- Front kick, Jumping (leading leg) Axe kick, Hook kick, Hook kick.
- Roundhouse kick, Jumping Spinning kick, Jumping Spinning kick.
- Jumping Back kick, Jumping Side kick (back legs)

- Hook kick + Roundhouse kick (same leg), Hook kick + Roundhouse kick (same leg), Jumping Spinning kick,
- Jump back with Side kick, Back fist & Reverse punch (Blitz technique).
- 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 between rounds)

BAG WORK

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

BLOCKING TECHNIQUES numbers 1 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

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|------------------------------------|--|
| 1) (A) Shuffle jab to head | (D) Shuffle back outer block, grab arm, elbow to temple |
| 2) (As no.1 but right stance) | |
| 3) (A) Step forward, punch to head | (D) Jump back block down, reverse punch over top |
| 4) (As no.3 but right stance) | |
| 5) (A) Shuffle jab to head | (D) Block up, reverse punch (bent knees) to s.plexus |
| 6) (As no.5 but right stance) | |
| 7) (A) Roundhouse kick to body | (D) Right leg inner block, then roundhouse kick to head |
| 8) (As no.7 but right stance) | |
| 9) (A) Roundhouse kick to body | (D) Left Lower outer forearm block |
| 10) (A) Roundhouse kick to head | (D) Right forearm inner block |
| 11) (A) Front kick to groin | (D) Left leg stomp kick |
| 12) (A) Front kick to upper chest | (D) Shuffle back double palm block down |
| 13) (A) Side kick to body | (D) Right leg step across behind, left lower inner block |
| 14) (A) Hammer punch to head | (D) Left upper rising block |
| 15) (A) Ridge hand to head | (D) Left upper outer block |
| 16) (A) Roundhouse kick to body | (D) Left knee/shin Block |

SELF DEFENCE TECHNIQUES

All must be demonstrated using reasonable force whilst ensuring safety. A range of defences from each of the following attacks:

- 1) Swinging Punch
- 2) Head Lock
- 3) Single Arm from Rear
- 4) Double Arm Bear Hug from Rear
- 5) Football Kick
- 6) Hair Grab
- 7) Wrist Grab

LIGHT CONTINUOUS SPARRING

10 x 2 minute rounds

HORSE RIDING STANCE

15 minutes

- Grading Duration 4 hours – Pass mark 85%. Referral 80-85%.
- 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.