GENESIS
MARTIAL ARTS

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)

(V4 April 2026)

1ST GRADE - WHITE BELT

WARM UP

Skipping – 1 Round – 2 Minutes

Shadow Sparring – 1 Round – 2 Minutes

TECHNIQUES

1) Shuffle Forward Jab (1st Tag)
   (Front hand)

2) Shuffle Forward Jab And Reverse Punch (2nd Tag)
   (Front hand to the head, rear hand to the body)

3) Shuffle Forward Back Fist, Cross Punch (3rd Tag)
   (Front hand first, rear hand to the head)

4) Shuffle Forward Front Kick (1st Tag)
   (Front leg)

5) Shuffle Forward Roundhouse Kick (2nd Tag)
   (Front leg)

6) Shuffle Forward Side Kick (3rd Tag)
   (Front leg)

EXERCISES

10 - Sit-Ups

10 - Push-Ups

10 – Squat With Front Kick

Horse Riding Stance:

1 Minute

2ND GRADE - BLUE BELT

Warm Up

Skipping – 2 Rounds – 2 Minutes

Shadow Sparring – 2 Rounds – 2 Minutes

Techniques

1) Shuffle Forward Jab And Two Uppercuts (1st Tag)
   (front hand first alternating)

2) Shuffle Forward Jab And Two Hook Punches (2nd Tag)
   (front hand first alternating)

3) Shuffle Forward Jab And Two Ridge Hands (3rd Tag)
   (front hand first alternating)

4) Front Kick, Side Kick, Roundhouse Kick (1st Tag)
   (rear leg first alternating)

5) Shuffle Forward Hook Kick (2nd Tag)
   (front leg)

6) Back Kick (3rd Tag)
   (back leg finishing in opposite stance)

Light Continuous Sparring

2 Rounds – 2 Minutes

Exercises

20 - Sit-Ups

20 - Push-Ups

20 – Squat With Front Kick

Horse Riding Stance

2 Minutes

3RD GRADE - ORANGE BELT

Warm Up

Skipping – 3 Rounds – 2 Minutes

Shadow Sparring – 2 Rounds – 2 Minutes

Techniques

1) Shuffle Back, 2 Outer Block, 2 Inner Block. (Single shuffle) (1st Tag)
   (Single shuffle, front hand blocking first, then alternating)

2) Shuffle Back, 2 Upper Block, 2 Lower Outer Block. (2nd Tag)
   (Single shuffle, front hand blocking first, then alternating)

3) Shuffle Forward Jab, Cross Punch, Roundhouse Kick (3rd Tag)
   (Roundhouse kick is off the rear leg)

4) Jumping Front Kick (1st Tag)
   (Jumping front kick is off the front leg)

5) Shuffle Forward Side Kick Reverse Punch (2nd Tag)
   (Side kick is off the front leg)

6) Shuffle Forward Back Fist, Hook Kick (3rd Tag)
   (Front hand, then front leg)

Light Continuous Sparring

3 Rounds – 2 Minutes

Exercises

25 - Sit-Ups

25 - Push-Ups

25 – Squat With Front Kick

Horse Riding Stance

3 Minutes

4TH GRADE - GREEN BELT

Warm Up

Skipping – 3 Rounds – 2 Minutes

Shadow Sparring – 2 Rounds – 2 Minutes

Techniques

1) Shuffle Forward Back Fist, Cross, Switch Stance, Shuffle, Hook Kick (1st Tag)
   (Back first front hand, cross rear arm, hook kick off front leg)

2) Shuffle Forward Side Kick, Upper Block Reverse Punch (2nd Tag)
   (Side kick is off the front leg, upper block front arm, reverse punch is rear arm)

3) Shuffle Forward Reverse Punch, Ridge Hand, Roundhouse Kick (3rd Tag)
   (Reverse punch is rear arm, ridge hand also rear arm, round house kick is front leg)

4) Double Roundhouse Kick, Spinning Kick (1st Tag)
   (shuffle twice on double round house kick (front leg), spinning kick is rear leg.)

5) 2 X Axe Kick (2nd Tag)
   (First Axe kick is off the rear leg, then alternating)

6) Jumping Roundhouse Kick (Rear leg) (3rd Tag)
   Jumping round` house kick is off the rear leg.

Focus Pad Work

2 Rounds – 2 Minutes

Light Continuous Sparring

4 Rounds – 2 Minutes

Exercises

30 - Sit-Ups

30 - Push-Ups

30 – Squat With Front Kick

Blocking Techniques - 1 - Left Stance 2 – Right Stance

Attacker: Shuffle Forward Jab To The Head.

Defender: Shuffle Back, Outer Block Rear Arm, Grab, Pull In, Elbow To Temple With Front Arm, Push Off, Finish.

Horse Riding Stance - 4 Minutes

5TH GRADE - PURPLE BELT

Warm Up

Skipping – 2 Rounds – 2 Minutes

Shadow Sparring – 2 Rounds – 2 Minutes

Techniques

1) Double Shuffle with Double Jab, Hook Punch, Uppercut (1st Tag)
2) Shuffle Forward Jab, Ridge Hand, Hook Punch To The Head (2nd Tag)
3) Shuffle Forward Jab, Elbow To Temple, Elbow To Temple (3rd Tag)
4) Double Shuffle With Double Side Kick, 2 X Knee Thrust (1st Tag)
5) Shuffle Back, Lower Block, Shuffle Forward Back Fist Reverse Punch (2nd Tag)
6) Jumping Back Kick (3rd Tag)

Focus Pad Work

2 Rounds – 2 Minutes

Light Continuous Sparring

5 Rounds – 2 Minutes

Blocking Techniques: 1 & 3 - Left Stance 2 & 4 – Right Stance

Attacker: Shuffle Forward Jab To The Head.

Defender: Shuffle Back, Outer Block Rear Arm, Grab, Pull In, Elbow To Temple With Front Arm, Push Off, Finish.

Attacker: Step Through Punching To Face With Rear Arm.

Defender: Jump Back, Block Down With Front Arm, Cross Punch Over Top.

Horse Riding Stance

5 Minutes

6TH GRADE - BROWN BELT

Warm Up

Skipping – 2 Rounds – 2 Minutes

Shadow Sparring – 2 Rounds – 2 Minutes

Techniques (All Techniques Are To Be Performed In Both Stances)

1) Shuffle Forward Jab, Hammer, Upper Elbow, Hooking Elbow (1st Tag)
2) Shuffle Forward Jab, Chop, Hooking Elbow, Reverse Elbow (2nd Tag)
3) Shuffle Forward Jab, Cross Punch, One Step Back Fist, Reverse Punch. (3rd Tag)
4) Shuffle Forward Side Kick, Inner Crescent Kick (1st Tag)
5) Shuffle Forward Hook Kick To Head. Side Kick To Body, Jumping Back Kick (2nd Tag)
6) Jumping Hook Kick, Back Kick, Double Roundhouse Kick (body then head) (3rd Tag)

Focus Pad Work

3 Rounds – 2 Minutes

Light Continuous Sparring

6 Rounds – 2 Minutes

Blocking Techniques 1, 3 & 5 - Left Stance 2, 4 & 6 – Right Stance

Attacker 1 & 2: Shuffle Forward Jab To The Head.

Defender 1 & 2: Shuffle Back, Outer Block Rear Arm, Grab, Pull In, Elbow To Temple With Front Arm, Push Off, Finish.

Attacker 3 & 4: Step Through Punching To Face With Rear Arm.

Defender 3 & 4: Jump Back, Block Down With Front Arm, Cross Punch Over Top.

Attacker 5 & 6: Shuffle Forward Jab To Head.

Defender 5 & 6: Step In Upper Block Reverse Punch.

Self Defence Techniques

1. Swinging Punch
2. Head Lock

Horse Riding Stance - 6 Minutes

7TH GRADE - BROWN STRIPE BELT

Warm Up

Skipping – 2 Rounds – 2 Minutes

Shadow Sparring – 3 Rounds – 2 Minutes

Techniques

1) Shuffle Forward Jab, 2 Uppercuts, 2 Hooks (1st Tag)
2) Shuffle Forward Jab, One Step Back Fist, Spinning Back Fist (2nd Tag)
3) Fake Jab, Left Hook, Bob Right, Right Cross, Left Hook Head, Right Hook Body (3rd Tag)
4) Front Kick (Rear Leg), Jumping Leading Leg, Axe Kick, Hook Kick, Hook Kick (1st Tag)
5) Roundhouse Kick (Rear Leg), Jumping Spinning Kick, Jumping Spinning Kick (2nd Tag)
6) Jumping Back Kick, Jumping Side Kick (Back Leg) (3rd Tag)

Focus Pad Work - 2 Rounds – 2 Minutes

Bag Work - 3 Rounds – 2 Minutes

Light Continuous Sparring - 7 Rounds – 2 Minutes

Blocking Techniques 1, 3, 5 & 7 - Left Stance 2, 4, 6 & 8 – Right Stance

1-2) **Attacker:** Shuffle Forward Jab To The Head.

1-2) **Defender:** Shuffle Back, Outer Block Rear Arm, Grab, Pull In, Elbow To Temple With Front Arm, Push Off, Finish.

3-4) **Attacker:** Step Through Punching To Face With Rear Arm.

3-4) **Defender:** Jump Back, Block Down With Front Arm, Cross Punch Over Top.

5-6) **Attacker** Shuffle Forward Jab To Head.

5-6) **Defender:** Step In Upper Clock Reverse Punch.

7-8) **Attacker 7 & 8:** Roundhouse Kick To Body With Rear Leg.

7-8) **Defender 7 & 8:** Rear Leg, Inner Block, Chamber Same Leg, Roundhouse Kick To Head.

Self Defence Techniques

Attacks: Swinging Punch; Head Lock; Single Arm From Rear; Double Arm Bear Hug From Rear.

Horse Riding Stance - 8 Minutes

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 Sparring – 3 Rounds – 2 Minutes

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 Lead Arm, Shuffle Forward Reverse Punch, Side Kick (Leading Leg), Back Kick.
3) Shuffle Forward Finger Jab To Eyes, One Step Elbow (Rear Arm), Grab And Front Sweep
4) Hook Kick + Roundhouse Kick (Rear Leg, Same Leg), Hook Kick + Roundhouse Kick (Rear Leg, Same Leg), Jumping Spinning Kick,
5) Jump Back With Side Kick, Back Fist & Reverse Punch (Blitz Technique).
6) Outer Crescent Kick (Rear Leg), One Step Jumping Spinning Inner Crescent Kick (Cyclone Kick)

Focus Pad Work - 3 Rounds – 2 Minutes

Bag Work - 3 Rounds – 2 Minutes

Light Continuous Sparring - 10 Rounds – 2 Minutes

Blocking Techniques 1 To 16 (N.B. All Techniques Must Be Learnt By Number)

Attack & Defence

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 You, 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

1) From Following Attacks
2) Swinging Punch; Head Lock
3) Single Arm From Rear
4) Double Arm Bear Hug From Rear
5) Football Kick
6) Hair Grab
7) 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