




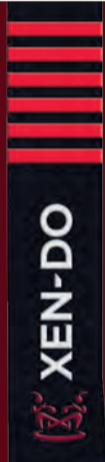




BELT GRADING

GRADE	BASICS	COMBINATIONS	PAIRS	TEACHING
 1ST DAN/SHODAN W/ 1 RED STRIPE (Step in Jump Spinning Kick Continuously)	<ol style="list-style-type: none"> All Previous Basics and Combinations must be performed on demand and without hesitation 	(Leg in Front) <ol style="list-style-type: none"> Roundhouse Kick, Step in Jumping Spinning Kick Continuously. Spinning Kick, Reverse Punch, Spinning Kick, Reverse Punch, Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Kick, Side Kick, Back Kick, Roundhouse Kick, Spinning Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back Skip Side Kick, Hook Kick, Roundhouse Kick, Spinning Kick, Step in Jumping Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 4 Front Kicks 1 - 4 Pre-Arranged Techniques 1 - 2 All Previous Cover, Cover Techniques 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Help Teach a Beginners Class
 2ND DAN/NIDAN W/ 2 RED STRIPES (Jump Spin Roundhouse Kick Continuously)	<ol style="list-style-type: none"> All previous Basics and Combinations must be performed on demand and without hesitation 	(Leg in Front) <ol style="list-style-type: none"> Roundhouse Kick, Jump Spin Roundhouse Kick, Continuously. Front Punch, Counter Roundhouse Kick, Spin Side Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Reverse Punch, Roundhouse Kick, Jump Spin Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch Front Punch, Reverse Punch, Roundhouse Kick, Spinning Kick, Roundhouse Kick, Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 5 Front Kicks 1 - 6 Pre-Arranged Techniques 1 - 4 Sweeping Techniques 1 - 2 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Teach a Beginners Class
 3RD DAN / SANDAN W/ 3 RED STRIPES (Jump Spin Crescent Kick Continuously)	<ol style="list-style-type: none"> All previous Basics and Combinations must be performed on demand and without hesitation 	(Leg in Front) <ol style="list-style-type: none"> Counter Hook Kick, Axe Kick, Jump Spin Crescent Kick, Continuously Front Punch, Reverse Punch, Roundhouse Kick, Spinning Kick, Roundhouse Kick, Step In Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Skip Side Kick, Spinning Kick, Roundhouse Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Counter Side Kick, Hook Kick, Roundhouse Kick, Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Technique 1 - 6 Front Kicks 1 - 6 Pre-Arranged Techniques 1 - 6 Sweeping Techniques 1 - 4 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Help Teach an Intermediate Class
 4TH DAN/YONDAN W/ 4 RED STRIPES (Spot Jump Spinning Kick)	<ol style="list-style-type: none"> All previous Basics and Combinations must be performed on demand and without hesitation 	(Leg in Front) <ol style="list-style-type: none"> Counter Hook Kick, Roundhouse Kick, Jump Spin Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Kick, Outer Crescent Kick, Axe Kick, Skip Side Kick, Back Kick, Roundhouse Kick, Spinning Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Duck, Jump Spinning Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 7 Front Kicks 1 - 9 Pre-Arranged Techniques 1 - 8 Sweeping Techniques 1 - 6 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Teach an Intermediate Class

BELT GRADING

GRADE	BASICS	COMBINATIONS	PAIRS	TEACHING
 5TH DAN/GODAN W/ 5 RED STRIPES (Step in Spinning Back Fist)	<ol style="list-style-type: none"> The student must be proficient in the application and technical understanding of all techniques in every previous grade of the syllabus and satisfy the examiner's requirements as to his / her high standard of teaching 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> Front Punch, Step In Spinning Back Fist, Reverse Punch, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Reverse Punch, Spinning Kick, Step In Jumping Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Reverse Punch, Jumping Front Kick, Back Kick, Roundhouse Kick, Spinning Kick, Step in Jumping Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 8 Front Kicks 1 - 10 Pre-Arranged Sparring 1 - 10 Sweeping Techniques 1 - 8 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Help Teach an Advanced Class
 6TH DAN/ROKUDAN W/ 6 RED STRIPES (Back Leg Sweep)	<ol style="list-style-type: none"> The student must be proficient in the application and technical understanding of all techniques in every previous grade of the syllabus and satisfy the examiner's requirements as to his / her high standard of teaching. The student must have contributed to the growth of the club and the Xen-Do system 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> Reverse Punch, Counter Hook Kick, Roundhouse Kick, Jump Spin Roundhouse Kick, Spinning Kick, Roundhouse Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Skip in Sweep, Jump Spin Side Kick, Reverse Punch, Front Punch, Slide Back Switch Punch, Reverse Punch, Back Leg Sweep, Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 9 Front Kicks 1 - 11 Pre-Arranged Sparring 1 - 11 Sweeping Techniques 1 - 10 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Teach an Advanced Class
 7TH DAN/SHICHIDAN RED AND WHITE BLOCK BELT (Switch Back Fist)	<ol style="list-style-type: none"> The student must be proficient in the application and technical understanding of all techniques in every previous grade of the syllabus and satisfy the examiner's requirements as to his / her high standard of teaching The student must have contributed to the growth of the club and the Xen-Do system 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> Switch Roundhouse Kick, Reverse Punch, Spinning Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back Switch Axe Kick, Reverse Punch, Back Leg Sweep, Spinning Kick, Reverse Punch, Front Punch, Slide Back Switch Back Fist, Reverse Punch, Step in Spin Side Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Face Techniques 1 - 10 Front Kicks 1 - 12 Pre-Arranged Sparring 1 - 12 Sweeping Techniques 1 - 12 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Teach a Beginners, Intermediate and Advanced Class
 8TH DAN/HACHIDAN RED AND WHITE BLOCK BELT	<ol style="list-style-type: none"> The student must be proficient in the application and technical understanding of all techniques in every previous grade of the syllabus and satisfy the examiner's requirements as to his / her high standard of teaching The student must have contributed to the growth of the club and the Xen-Do system 	<ol style="list-style-type: none"> All previous combinations must be performed on demand and without hesitation 	<ol style="list-style-type: none"> The candidate must have a deep understanding of Xen-Do pair techniques and these pair techniques must be performed on demand and without hesitation. 	<ol style="list-style-type: none"> Free Padding With a Partner Shadow Kickboxing With a Partner Teach a Beginners / Intermediate and Advanced Class