












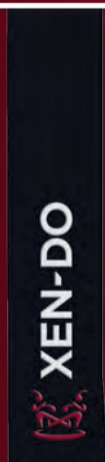
BELT GRADING

GRADE	BASICS	COMBINATIONS	COMBINATION PAD WORK	SELF-DEFENCE
 <p>1ST GRADE YELLOW BELT W/STRIPE (Counter Punches / Leg Behind kicks)</p>	<ol style="list-style-type: none"> Slide Forward / Slide Back Move Left / Move Right Change Legs Turn 	<ol style="list-style-type: none"> Counter Front Punch, Reverse Punch, Front Punch Front Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch. Roundhouse Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch. 	<ol style="list-style-type: none"> Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> Cover, Cover, Duck, Duck, Lean Back (Head Covers)
 <p>2ND GRADE YELLOW BELT (Slide in Punches / Counter & Skip in Kicks)</p>	<ol style="list-style-type: none"> Slide In Front Punch, Slide Back Slide In Front Punch, Reverse Punch, Front Punch, Slide Back Step In Front Punch, Slide Back 	<ol style="list-style-type: none"> Counter Front Kick, Leg In Front, Front Punch, Reverse Punch, Front Punch. Counter Roundhouse Kick, Leg In Front, Front Punch, Reverse Punch, Front Punch Skip In Front Kick, Skip Back, Front Punch, Reverse Punch, Front Punch 	<ol style="list-style-type: none"> Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> Cover, Cover, Duck, Duck, Lean Back Outer Covers
 <p>3RD GRADE ORANGE BELT W/STRIPE (Side Kick)</p>	<ol style="list-style-type: none"> Side Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch Double Roundhouse Kick, Leg Behind. (Knee / Body). Skip In Double Roundhouse Kick, Skip Back. (Knee / Body) 	<ol style="list-style-type: none"> Front Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back Skip In Front Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back Roundhouse Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> Cover, Cover, Duck, Duck Outer Covers Inner Covers
 <p>4TH GRADE ORANGE BELT (Double Kicks)</p>	<ol style="list-style-type: none"> Double Side Kick, Leg Behind Front Kick, Leg Behind, Counter Roundhouse Kick, Reverse Punch, Front Punch Front Punch, Reverse Punch, Roundhouse Kick, Leg Behind 	<p>(Leg In Front)</p> <ol style="list-style-type: none"> Skip In Double Side Kick, Reverse Punch, Front Punch, Slide Back Front Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back Front Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> Cover, Cover, Duck, Duck Outer Covers Inner Covers Leg Covers

BELT GRADING

GRADE	BASICS	COMBINATIONS	COMBINATION PAD WORK	SELF-DEFENCE
Any technique <u>UNDERLINED</u> to be performed with the same hand or leg				
 <p>5TH GRADE RED BELT W/STRIPE (Backfist)</p>	<ol style="list-style-type: none"> Counter Back Fist Counter Back Fist, Reverse Punch, Front Punch Slide In Back Fist, Slide Back 	<ol style="list-style-type: none"> Counter Back Fist, Skip In Roundhouse Kick, Reverse Punch, Front Punch, Slide Back <u>Front Kick, Roundhouse Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back</u> Front Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Glove on Glove x 1 Min Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> All Previous Techniques Cover, Cover, Slip, Slip (Mixed With Straight And Hook Punches)
 <p>6TH GRADE RED BELT (Slip Punch)</p>	<ol style="list-style-type: none"> Counter Slip Punch Counter Slip Punch, Reverse Punch, Front Punch Slide in Slip Punch. 	<ol style="list-style-type: none"> Front Kick, Leg in Front, Slip Punch, Reverse Punch, Front Punch, Slide Back Front Punch, Skip In <u>Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back</u> <u>Front Kick, Roundhouse Kick, Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back</u> 	<ol style="list-style-type: none"> Glove on Glove x 1 Min Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> All Previous Techniques Palm Strike
 <p>7TH GRADE GREEN BELT W/STRIPE (Hook Kicks)</p>	<ol style="list-style-type: none"> Hook Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch Skip In Hook Kick, Skip Back, Front Punch, Reverse Punch, Front Punch Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> <u>Roundhouse Kick, Side Kick, Hook Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back</u> <u>Skip Side Kick, Hook Kick, Roundhouse Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back</u> <u>Skip Hook Kick, Double Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back</u> 	<ol style="list-style-type: none"> Glove on Glove 2 x 1 Min Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> All Previous Techniques Elbow Strike
 <p>8TH GRADE GREEN BELT (Spin Side Kick)</p>	<ol style="list-style-type: none"> Spin Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back Front Punch, Spinning Back Fist, Reverse Punch, Front Punch, Slide Back Switch Punch, Reverse Punch, Front Punch, Slide Back 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> Front Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back <u>Front Kick, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back</u> Switch Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> Form Fighting 2 x 1 Min Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> All Previous Techniques Knee Strike

BELT GRADING

GRADE	BASICS	COMBINATIONS	COMBINATION PAD WORK	SELF DEFENCE
 9TH GRADE BLUE BELT W/STRIPE (Spinning Hook Kick)	<ol style="list-style-type: none"> 1. Spinning Kick, Leg In Front, Reverse Punch Front Punch, Slide Back 2. Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back 3. Reverse Punch, Stop, Step in Slip Punch 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> 1. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back 2. <u>Front Kick, Roundhouse Kick, Side Kick, Leg in Front, Spinning Kick, Reverse Punch, Front Punch, Slide Back</u> 3. Skip Double Side Kick, Spin Double Side Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> 1. Form Fighting x 1 Min 2. Synch. Form Fighting x 1 Min 3. Free Padding x 2 Min 4. Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> 1. Face Technique 1 2. All Previous Techniques 3. Combination Knee/palm/elbow strike
 10TH GRADE BLUE BELT (Back Kick)	<ol style="list-style-type: none"> 1. Back Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back 2. Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back 3. <u>Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back</u> 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> 1. <u>Front Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back</u> 2. Jumping Front Kick, Back Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back 3. Front Punch, Spinning Back Fist, Reverse Punch, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> 1. Form Fighting 2 x 1 Min 2. Synch. Form Fighting 2 x 1 Min 3. Free Padding 2 x 1 Min 4. Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> 1. Face Techniques 1 - 2 2. All Previous Techniques 3. Combination shin kick/elbow/palm/knee
 11TH GRADE BROWN BELT (Step in Spinning Kick)	<ol style="list-style-type: none"> 1. Roundhouse Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back 2. Roundhouse Kick, Spinning Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back 3. <u>Counter Hook Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back</u> 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> 1. <u>Roundhouse Kick, Side Kick, Hook Kick, Roundhouse Kick, Back Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back</u> 2. <u>Front Kick, Roundhouse Kick, Side Kick, Step in Spinning Kick, Double Roundhouse Kick, Reverse Punch, Front Punch, Slide Back</u> 3. Skip Side Kick, <u>Spinning Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back</u> 	<ol style="list-style-type: none"> 1. Form Fighting 2 x 2 Min 2. Synch. Form Fighting 2 x 2 Min 3. Free Padding 2 x 2 Min 4. Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> 1. Face Techniques 1 - 2 2. Front Kicks 1 3. All Previous Techniques
 12TH GRADE BLACK BELT (Axe Kick / Crescent Kick)	<ol style="list-style-type: none"> 1. Counter Hook Kick, Axe Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back 2. <u>Front Kick, Outer Crescent kick, Axe Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back</u> 3. Axe Kick, Side Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<p>(Leg in Front)</p> <ol style="list-style-type: none"> 1. Front Punch, Reverse Punch, Step in Spinning Kick, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back 2. Front Punch, Reverse Punch, Jumping Front Kick, Back Kick, Spinning Kick, Step in jumping Spinning Kick, Reverse Punch, Front Punch, Slide Back 3. Counter Hook Kick, Axe Kick, Jump Spin Crescent Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back 	<ol style="list-style-type: none"> 1. As Per Instructor 2. Combination Pad Work 1-2-3 	<ol style="list-style-type: none"> 1. Face Techniques 1 - 2 2. Front Kicks 1 - 2 3. All Previous Techniques