

*Kickboxing*  
*Official grading syllabus*



*Traditional*  
*Japanese, Chinese & Okinawan*  
*Martial arts*

Price £2.50

## Kickboxing – A Brief history

Tatsuo Yamada, who established "*Nihon Kempo Karate-do*", was interested in Muay Thai because he wanted to perform Karate matches with full-contact rules since practitioners are not allowed to hit each other directly in karate matches. Yamada had already announced his plan which was named "*The draft principles of project of establishment of a new sport and its industrialization*" in November 1959 and he proposed the tentative name of "Karate-boxing" for this new sport. Yamada started studying with a Muay Thai champion, formerly his son Kan Yamada's sparring partner. Osamu Noguchi who was a promoter of boxing and was also interested in Muay Thai took the Thai fighter and developed a combined martial art of karate and Thai boxing and creating the term *kickboxing* in the 1950s.

In 1963 three karate fighters from Oyama dojo (Kyokushinkai Karate) went to the Lumpinee Boxing Stadium in Thailand, and fought against 3 Muay Thai fighters winning two of the three bouts. The three fighters' names were Tadashi Nakamura, Kenji Kurosaki and Akio Fujihira (also known as Noboru Osawa).

The original kickboxing allowed throwing and butting in the beginning to distinguish it from the Muay Thai style, although this was later dropped. The *Kickboxing Association*, the first kickboxing sanctioning body, was founded by Osamu Noguchi in 1966 soon after that. Then the first kickboxing event was held in Osaka on the 11<sup>th</sup> April 1966.

Tatsu Yamada died in 1967; his dojo changed its name to *Suginami Gym*, and kept sending fighters off to support kickboxing. Kickboxing boomed and became popular in Japan as it began to be broadcast on TV. Tadashi Sawamura was an especially popular early kickboxer. However, the boom finished and became unpopular after Sawamura was retired. In 1993 Kazuyoshi Ishii (founder of Seidokan karate) produced K-1 under special kickboxing rules (No elbow and neck wrestling), kickboxing had become famous again.

The sport has spread through Europe, North America, Australia and New Zealand. There are many martial arts labeled as kickboxing including Japanese boxing, American kickboxing, Indian and Burmese boxing, French Savate and Muay Tha. Many of these and other styles do not consider themselves to be 'kickboxing', although the public often uses the term generically to refer to all these martial arts.

The pioneers of American kickboxing are Count Dante, Ray Scarica and Maung Gyi who ran tournaments in 1962. In these early days the rules were never clear, one of the first tournaments had no weight divisions and all the competitors fought off until one was left, the elements of danger were still included in the combat forms. As the martial arts disciplines grew in popularity there was a demand for conformity, a universal rules system, and a method that would ensure the practitioners safety whilst competing at sporting level. Various groups have come forward in an attempt to unite these martial disciplines under one set of rules.

In Europe Jan Plas, the Dutch kickboxer, founded *Mejiro Gym* with some Muay Thai pioneers in the Netherlands in 1978, after he learned kickboxing from Kenji Kurosaki in Japan Plas and founded the NKBB (The Dutch Kickboxing Association). In European kickboxing, where kicks to the thigh are allowed using special low-kick rules.

In South America the kickboxing was introduced by martial artist and kickboxing champion, Hector Echavarria, who brought the famous Joe Corley's Professional Karate Association, the International Sports Karate Association, and the United States Karate Association to Latin America.

## The Mountain Warrior Kickboxing grading syllabus and philosophy

The structure of training laid down in this syllabus is intended to encourage the student to include not only the study of the physical techniques of the art they are studying but aspects of academic study with regard to history, philosophy and warrior myth.

Many subjects exist that require some sort of test, the grading syllabus herein should be considered cumulative, i.e. students who have already graded and are taking a grade will be required to know, understand and demonstrate all the previously listed techniques. Where requirements become more stringent (such as stamina) these are stated:

otherwise previous level is expected. Gradings within the school should be considered as a “rite of passage”, for such were the ritual selection tests for aspiring members of the warrior caste.

The kickboxing taught within Mountain Warriors looks back to its origins in Japanese Karate, grades below black belt are “Kyu” grades (meaning student) and are numbered in descending order, 10 being the lowest. For junior students these are then subdivided into a number of “tags” per Kyu grade to recognise that it takes longer for children to master what adults pick up more easily. Most martial arts apply various colours of belts to identify the Kyu grades and these differ between associations: the important factor is the Kyu grade itself, since these are indicative of experience and skill level reached, and not the colour.

The Black belt or Dan grade (meaning teacher) is within the reach of all people who are prepared to work and commit themselves to a long period of dedicated training. Kickboxing does not however stop at black belt, this grade is a springboard to greater interest and challenges, both mental and physical, with real benefits in self development and improvement.

Gradings up to and including 2<sup>nd</sup> Kyu can be taken at 3 monthly intervals with the approval of your teacher. Above this grade there is a minimum stipulation for the time spent actively training which the student must wait before attempting the next grade. This “training experience period” becomes longer as the grade increases.

Colour	Grade		Meaning		Rank
White	Ungraded		Purity	Soul in heaven	
Red	8 <sup>th</sup> Kyu	Hachikyu	Blood	Birth in matter	
Yellow	7 <sup>th</sup> Kyu	Shichikyu	Light	Learning about life	
Orange	6 <sup>th</sup> Kyu	Rokkyu	Blossom	Realisation of ignorance	
Green	5 <sup>th</sup> Kyu	Gokyu	Trees and grass	Appreciation of knowledge	
Blue	4 <sup>th</sup> Kyu	Yonkyu	Water	Reflection on past	
Mauve	3 <sup>rd</sup> Kyu	Sankyu			
Brown	2 <sup>nd</sup> Kyu	Nikkyu	Earth	Contemplation of future	Sempai
Brown	1 <sup>st</sup> Kyu	Ikkyu			Sempai
Black	Shodan ho		Death	Reunion with creator	Sempai
Black	1 <sup>st</sup> Dan	Shodan	Oku-iri	Entrance to secrets	Sensei
Black	2 <sup>nd</sup> Dan	Nidan	Moku-Roku	Catalogued	Sensei
Black	3 <sup>rd</sup> Dan	Sandan	Menkyo		Tashi
Black	4 <sup>th</sup> Dan	Yondan	Shidoshi ho	Probationary teacher of the warrior arts	Renshi
Black	5 <sup>th</sup> Dan	Godan	Shidoshi Kaiden	Teacher of the warrior arts	Shidoshi
Red/White	6 <sup>th</sup> Dan	Rokudan		Everything passed	Shihan
Red/White	7 <sup>th</sup> Dan	Shichidan			Shihan
Red	8 <sup>th</sup> Dan	Hachidan			Shihan
Red	9 <sup>th</sup> Dan	Kudan			Hanshi
White	10 <sup>th</sup> Dan	Judan	Menkyo Kaiden	Full circle	Hanshi

Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has reached the ground.

In full-contact kickboxing the male boxers are bare-chested wearing shorts and protective gear including: mouth-guard, hand-wraps, 10-oz. boxing gloves, groin-guard, shin-pads, kick-boots, and optional protective helmet (usually for those under 16). Female boxers will wear a tank top and chest protection in addition to the male clothing/protective gear.

Amateur rules often allow less experienced competitors to use light or semi-contact rules, where the intention is to score points by executing successful strikes past the opponent's guard, and use of force is regulated. The equipment for semi-contact is similar to full-contact matches, usually with addition of head gear. Competitors usually dress in a t-shirt for semi-contact matches, to separate them from the bare-chested full-contact participants.

For competitions the use of boxing shorts instead of long trousers is possible, however training within classes consist of t-shirt or tank top, trousers and belt.

Kickboxing is often confused with Muay Thai, also known as *Thai Boxing*. The two sports are similar, however, in Thai Boxing, kicks below the belt are allowed, as are strikes with knees and elbows. At Mountain Warriors our training includes the use of knees, elbows and low kicks, however these **are not** permitted in competitions

The kickboxing used within Mountain Warriors is based on Japanese kickboxing and so we teach the use of knees, elbows and the clinch although in most European tournaments these will not be allowed in competition.

## Reigi - Bows

### At the start of the lesson

You should start the class by lining up, standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza and empty your mind of all thoughts, while concentrating on your breathing.

When all are ready the sempai (senior student) will say

**“Sensei ni rei” (bow to teacher)**

at the same time you perform a kneeling bow and return to seiza. Then all students will say together

**“Onagaishi masu” (please assist us)**

While at the same time you will perform a kneeling bow and return to seiza.

### At end of class

Line up standing in grade order, when the instructor moves to a kneeling posture you should follow suit. Sit quietly in seiza, close your eyes and breathe deeply while emptying your mind of all thoughts.

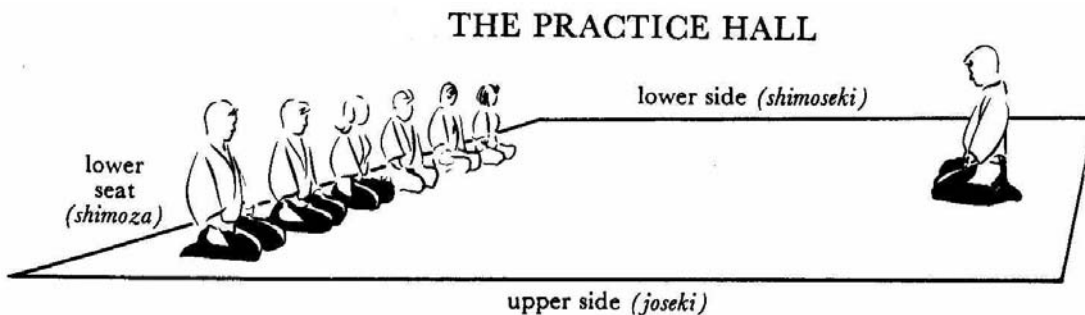
When all are ready the sempai (senior student) will say

**“Sensei ni rei” (bow to teacher)**

While at the same time you will perform a kneeling bow and return to seiza. Then all students will say

**“Domo arigato” (thank you)**

While at the same time you will perform a kneeling bow and return to seiza.

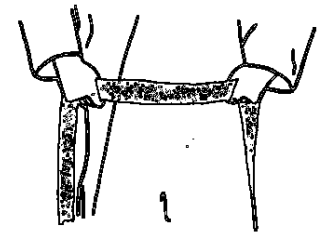


### Kneeling Bow - Za rei

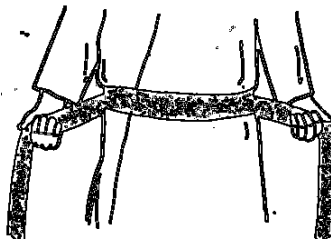
You should start this bow kneeling in Seiza; your hands should be resting on your knees (if male) or thighs (if female). Take your left hand forward and place it palm down and pointing in to the centre about 6 inches in front of your knee. Now do the same with your right hand while lowering your head towards the mat. You should lower your head so your face is parallel to the mat that you are able (with your peripheral vision to see all the way around your body).



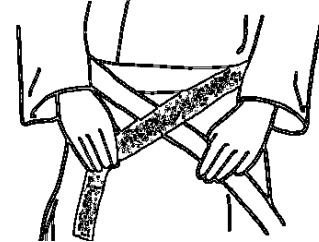
## Tying your belt



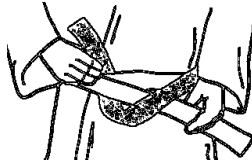
Take the belt in both hands, and find its mid section.



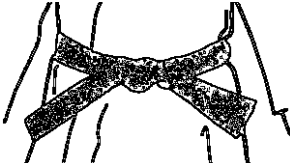
Pass it once around the waist, from the front as shown.



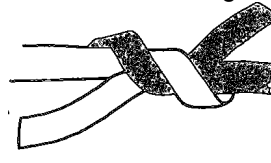
Bring it together with the left end over the right end.



Feeding the outer belt end underneath all the wrapped around sections of the belt begins the knot.



It is finished by tying the two free ends right over and through the left as in a "Reef knot".



The belt should be tied reasonably tightly so that it will not come undone.

### Overview

The belt or OBI goes around the waist twice and is symbolic of the original Obi that was worn and would be used to carry the Daisho (long sword and short sword) as well as other weapons and utensils.

The long sword would go through both belts and the short sword between the belts, this is to stop the swords tapping against each other and making any noise.

## Hand wraps

Hand wraps help protect the bones and tendons in your hands when you are training. They also help support your wrist and thumb and protect the knuckles from being grazed/rubbed raw. To help prevent injuries, always wrap your hands before working out.

Proper tightness of hand wraps is important. Wraps should be tight enough to stay firmly in place, but not too tight, or they will hamper circulation. You should be able to form a correct fist, with the knuckles covered by the wrap. Wrapping takes practice. If your hand wraps do not feel right, do them again. It is important that your wrap protects the knuckles, wrist and thumb.

Hand wraps have a top and bottom. Some are clearly marked "This Side Down." The reason is that the Velcro fastener should be face up when finished. If you started with the wrong side down, just give the wrap a twist at the end of wrapping.

Hand wraps can be machine washed and dried, but put them in a sock wash bag to prevent tangling. Let wraps dry after a workout and then roll them before using them again. If you work out several times a week, use a couple of pairs.

For smaller hands, avoid wrapping too many times around the palm, because they will bunch up. You may need to include a couple figure 8's and extra times around the wrist to take up the slack.

There are different ways to wrap hands. Some add extra protection to the knuckles, while others help keep the wraps from moving and loosening. Every fighter has their own individual style of wrapping, depending on where he or she wants the extra support, and what kind of wraps they are using.

## Saho - Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. In many cases observing proper etiquette requires one to set aside one's pride or comfort. Standards of etiquette may vary from one dojo or organisations, but the following guidelines are nearly universal. Please take matters of etiquette seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. Students should be lined up and seated in seiza approximately 3-5 minutes before the official start of class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.
4. Remove watches, rings and other jewellery before practice as they may catch your partner's hair, skin, or clothing and cause injury to oneself or one's partner.
5. Do not bring food, sweets, or drinks onto the mat. It is also considered disrespectful in traditional dojo to bring open food or drink into the dojo.
6. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic – Kickboxing. It is particularly impolite to talk while the instructor is addressing the class.
7. If you are having trouble with a technique, do not shout across the room for help. First, try to figure the technique out by watching others. Effective observation is a skill you should strive to develop as well as any other in your training. If you still have trouble, approach the instructor at a convenient moment and ask for help.
8. Keep your training uniform clean, in good shape, and free of offensive odours.
9. During class, if the instructor is assisting a group in your vicinity, it is frequently considered appropriate to suspend your own training so that the instructor has adequate room to demonstrate.
10. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
11. Do not lean against the walls or sit with your legs stretched out. (Sit in seiza or fudoza)
12. Please keep your fingernails (and especially one's toenails) clean and cut short.
13. Carry out the directives of the instructor promptly. Do not keep the rest of the class waiting for you!
14. Do not engage in rough-housing or needless contests of strength during class.
15. Please pay your membership fees promptly. If, for any reason, you are unable to pay on time, talk with the person in charge of collecting the fees. Sometimes special rates are available for those experiencing financial hardship.
16. Change your clothes only in designated areas (not on the mat!).
17. Remember that you are in class to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised.
18. It is considered polite to bow upon receiving assistance from the instructor.

## Equipment

Kickboxing is a competitive sport and students must have their own equipment for sparring, this is a requirement at Red belt level and higher. Equipment must include the following:

**Men;** Hand wraps, groin guard, head guard, 10oz. boxing gloves, foot pads (must cover toes completely), shin guards (must be foam, no hard plastics) and gum shield.

**Women:** Hand wraps, groin guard (optional but recommended), head guard, 8oz or 10 oz. boxing gloves, foot pads (must cover toes completely), shin guards (must be foam, no hard plastics), chest guard (optional) and gum shields

## Fitness

All classes contain an element of fitness training, this serves two purposes:

Firstly, it increases the student's general fitness and makes it easier to meet the greater physical demands as the student progresses through the belt system. The instructor will generally aim fitness goals at the students in the class who are the fittest, in order to make them work, and to motivate less-fit student. It is important for beginner students to recognize what will be expected from them, and to push themselves to the next level. It is important to remember that each of us is equipped with a self-diagnostic system which tells us how much we can do. If you feel pain or feel extremely out of breath, then STOP or SLOW DOWN. This is especially important if you are beginner.

If the instructor asks for twenty press-ups, but you know you can only manage five, then try for six but no more. Often the instructor will offer a variation for those students who are not yet as fit or as strong, ie: press-ups on the knees. However, always remember that if you are trying to get out of working hard by doing less than you are able, then you are only fooling yourself.

Fitness is very important for sparring. It is often the fitter student who wins a sparring bout, even against an opponent who is more technically skillful. Many times the talented, but lazy, student who can perform excellent technique with little effort will neglect their fitness training. Students should never underestimate the importance of the fitness required to spar, and especially to compete.

Secondly fitness training is there to ensure a proper warm-up. Physical activity is stressful to the body and particularly so in the martial arts. It is vital, therefore, to warm up properly before the kickboxing techniques are drilled. If you have arrived late for class and have missed the warm-up, then you must do some exercises yourself before joining with the rest of class.

Each student is expected to show a standard of fitness appropriate for their grade / belt-level, which is necessary to perform the relevant techniques with realism, power, speed, and effectiveness. It is understood that each person has a different personal ability and this is taken into account by the instructors.

## Power

Power is generated in a combination of ways listed below:

**Reaction Force:** This is using another part of the body as an opposite force. For example pulling the lead hand back when following a jab with a cross.

**Bodyweight:** The subtle act of dropping or shifting the bodyweight just prior to impact helps to transfer some of that bodyweight to the striking tool.

**Hip Twist:** Every punch should use hip twist using a whiplash effect to use the body's momentum to transfer energy to the striking tool. To maximize power, the hip twist occurs a split second before the punch is thrown. When combined with the shift in bodyweight, this allows you to strike with much more force.

**Focus:** This is harder to grasp. Basically this is the act of concentrating on the technique that you are performing. With proper focus you can "channel" all your efforts into the technique and produce more power. Focus is greatly aided by proper breathing.

**Breathing:** When performing a technique, the student should breathe out sharply so that the air is expelled just prior to impact. Some martial arts believe that this is a way of focusing energy and "life force". A more scientific explanation is that the short, explosive exhalation of breath tenses the abdominal muscles, which increases power to the major muscle groups and prevents impacts from "winding" you.

With enough practice, the student can learn to instinctively combine all the above elements. True power is fluid and almost effortless. Tensing up and trying to hit hard creates the opposite effect, as your muscles work against each

other and make your techniques less powerful. Relaxing between each burst of power is more productive. Power is not about physical size, but about the application of the correct technique.

## **Pad Work**

Pad work is a very useful training tool and features heavily in Kickboxing. Students use various types of pads to practice techniques. It is used to generate technique, power and fitness. Skill is achieved by being able to hit a target accurately using the correct form. Also, the balance required to hit a solid object is different from that required to throw a technique in thin air. It also gives the student an indication of the likely effectiveness of their techniques in sparring.

It is important that the pad holder uses reciprocal energy, this means that the pad holder “hits” the blow at the same time that the hitter strikes it. This ensures that the hitter does not hyper-extend their limbs, and the holder gets a sustained workout.

Techniques are often performed using as near to maximum power as possible. This is done to promote “muscle memory”. However, if you are partnered with someone who cannot physically withstand your full power techniques, then you must tone things down and use self-control.

## **Line Work**

This is where students are required to perform various techniques and combinations in the air. The instructor may use this method to introduce new techniques. The higher the grade of the student, the more complex and physically demanding the techniques will be. If performed correctly, the student will become tired very quickly. Techniques should be performed in real-speed, with maximum power and focus. Line work is a basic and fundamental part of each grading. Here the examiner can assess each student’s ability to perform basic techniques while retaining correct stances.

## **Sparring**

This is an opportunity to test your ability and mental prowess against an opponent within the framework of rules and supervision. Protective equipment is mandatory. Mountain Warriors enjoys an excellent reputation as being a safe place to spar. This is due to the responsible and friendly attitude of the students. Techniques are all to be aimed above the belt (with the exception of leg sweeps and strikes to the thigh), with target areas being to the front and side torso, and the head.

Contact levels vary widely, but the rule on this is simple: Contact is set at the level of the person who wants to spar at the lowest level. This means that students who are not able to handle heavier contact, should be able to spar and perfect their techniques without fear of getting hurt. This rule is strongly enforced at Mountain Warriors.

There are some people in the school who are experienced fighters and are capable of sparring to high contact levels. This is acceptable provided that both parties are aware that they are going to spar hard and they are happy to do so. Beginners might witness what may appear to be an intense or dangerous fight. They should realize that the two fighters involved are actually showing a display of great skill and self-control, their techniques are controlled and there is no malice or ill intent between them.

Beginners are not expected to be able to spar at that level. It must be pointed out that, as a combat sport, the potential for injury does exist. But remember, you are far more likely to get injured playing hurling or rugby, and our school has an excellent safety record.



## Grading Requirements

The following pages outline the basic requirements for each grade. These techniques should be seen as the minimum needed in order to attain the next belt level. In class practice, students may learn various techniques well in advance of when they will be tested on them. This does not mean that people can “skip” grades, but it means that students have plenty of time to get familiar with the techniques and perform them to a high standard in both pad work and sparring when it comes to the relevant grading.

Although techniques are usually listed individually, in order to show proficiency the student must be able to use them in combinations. Possible combinations asked will vary from grading to grading at the discretion of the instructor. The student must be prepared to perform all relevant techniques in any possible combination. Techniques must be performed with speed, power, focus, realism, and technical accuracy. Eligibility to grade (promote) is based on the student’s consistent attendance to training, behavior in class, and improvement since prior grading.

At each grading ceremony, the student is expected to show improved performance of all previous material, as well as improved fitness levels since their previous test.

## 8<sup>th</sup> Kyu – Red belt (Blood – Birth in matter)

Section	English	Taught	Pass / Fail / Comment
<b>Stances</b>	Fighting stance		
	Full guard		
	Rear guard		
<b>Blocks</b>	Upper block		
	Lower block (sweeping/parry)		
<b>Strikes</b>	Making a fist		
	Jab to jaw		
	Jab to the body		
	Cross to jaw		
	Uppercut to ribs (front & rear leg)		
<b>Kicks</b>	Principles of kicking		
	Front snap kick to lower rib (front leg & rear leg)		
	Front knee kick to lower rib		
	Rear knee kick to lower rib		
<b>Combinations</b>	Jab & cross		
	Jab, jab & cross		
	Jab, cross, uppercut (front arm) & uppercut (rear arm)		
	Parry jab, Parry cross		
	Parry jab, return jab		
	Parry cross, return cross		
<b>Other</b>	Etiquette in the Kan or Dojo (training hall)		
	How to wear and fold a kickboxing suit (Gi)		
	Tying a belt		
	Parts of the body – Jaw and floating ribs		
	5 minutes fitness		
	Minimum 13 hours training		

<b>Comments</b>
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

Techniques are to be also demonstrated on striking pads.

Students MUST have their own hand wraps.

**7<sup>th</sup> Kyu – Yellow belt  
(Light – Learning about life)**

Section	English	Taught	Pass / Fail / Comment
<b>Stances</b>	Backward leaning stance (Cat stance)		
	Formal bow (standing & kneeling)		
<b>Blocks</b>	inside block		
	Lower forearm block (elbow raised)		
	Slipping		
<b>Strikes</b>	Hook punch to jaw (front and rear hand)		
	Hook punch to ribs (front and rear hand)		
	Reverse punch to body		
	Reverse punch to head		
<b>Kicks</b>	Rear leg roundhouse kick to thigh & lower rib		
	Front leg round kick to thigh & ribs		
	Straight leg swinging kick		
	Push kick (front & rear leg)		
<b>Combinations</b>	Jab, cross & hook to jaw		
	Jab, cross, body hook & head hook		
	Hook & Cross		
	Uppercut, hook & cross		
	Jab, cross, slip & cross		
	Jab, cross, slip & uppercut		
<b>Other</b>	2 x 5 minutes fitness		
	Brief knowledge of the origins of kickboxing		
	Breathing		
	Parts of the body – Thigh and Shin		
	Minimum 13 hours training		
	1 minute hand sparring		
	Movement		

<b>Comments</b>	
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

Techniques are to be also demonstrated on striking pads.

Students MUST have their own gloves and gum shield.

**6<sup>th</sup> Kyu – Orange belt  
(Blossom – Realisation of ignorance)**

Section	English	Taught	Pass / Fail / Comment
<b>Stances</b>	Horse stance		
<b>Blocks</b>	Parry		
<b>Strikes</b>	Backfist strike to temple		
	Backfist strike to bridge of nose		
	Uppercut to jaw		
<b>Kicks</b>	Front snap kick to head (front leg & rear leg)		
	Rear leg roundhouse kick to head		
	Front leg round kick to head		
<b>Combinations</b>	Front kick & roundhouse kick		
	Jab & front kick		
	Jab, cross & front kick		
	Jab, cross, slip & roundhouse kick		
	Jab & roundhouse kick		
	Hook & roundhouse kick		
<b>Other</b>	3 x 5 minutes fitness		
	Use of pads		
	Parts of the body – Temple and Spleen		
	Minimum 13 hours training		
	1 minute skipping (3 sets)		
	3 minute sparring		

<b>Comments</b>	
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

Techniques are to be also demonstrated on striking pads.

Students MUST have their own equipment as described previously under the topic “Equipment”.

**5<sup>th</sup> Kyu – Green belt**  
**(Trees and grass – Appreciation of knowledge)**

Section	English	Taught	Pass / Fail / Comment
<b>Stances</b>	Bob & weave		
	Short back stance (cat stance)		
<b>Blocks</b>	outside block		
<b>Strikes</b>	Overhand		
	Elbow strike to jaw		
<b>Kicks</b>	Side kick to body		
	Hook kick (Ball of foot of foot)		
	Inside crescent kick		
	Outside crescent kick		
<b>Combinations</b>	Backfist & cross		
	Hook, cross, backfist & cross		
	Jab, cross, bob and weave & hook		
	Jab, cross, hook, side kick & roundhouse kick		
	Jab, cross, Parry & cross		
	Hook kick, roundhouse kick		
<b>Other</b>	Run a warm up		
	Shadow boxing for 30 seconds		
	4 x 5 minutes fitness		
	1 minute skipping (5 sets)		
	2 x 3 minute sparring		
	Parts of the body – 4 <sup>th</sup> rib and Kidney		
	Minimum 26 hours training		

<b>Comments</b>	
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

All techniques are to be demonstrated on partner.

**4<sup>th</sup> Kyu – Blue belt**  
**(Water – Reflection on the past)**

Section	English	Taught	Pass / Fail / Comment
<b>Stances</b>	Cross over stance		
<b>Blocks</b>	Layback		
	Clinch		
	Closed cover elbow		
<b>Strikes</b>	Elbow strike (downwards)		
	Elbow strike (Upwards)		
<b>Kicks</b>	1 step side kick		
	1 step hook kick		
	Axe kick (front and rear leg)		
<b>Combinations</b>	Jab, cross, parry & roundhouse kick		
	Jab, cross, bob and weave & roundhouse kick		
	Jab, cross, layback & front kick		
	3 speed jabs & cross		
	Double roundhouse kick		
	Side kick to ribs & side kick to head		
<b>Other</b>	Run a warm up		
	Correct use of pads		
	5 x 5 minutes fitness		
	Shadow boxing for 1 minute		
	3 x 3 minute sparring		
	Spirited shout		
	Parts of the body – Collar bone and point below ear		
	Minimum 26 hours training		

<b>Comments</b>	
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

All techniques are to be demonstrated on partner.

Fitness            30 Press ups  
                          50 sit ups  
                          50 Squats  
                          30 Mountain Climbs

**3<sup>rd</sup> Kyu – Mauve belt**  
**(Water – Reflection on the past)**

Section	Japanese	English	Taught	Pass / Fail / Comment
<b>Blocks</b>	Feinting			
	Forward foot sweep			
<b>Strikes</b>	Spinning backfist			
	Spinning elbow stike			
	Elbow strike to ribs			
<b>Kicks</b>	Push/thrust kick			
	Spinning hook kick			
	Back kick			
	Side foot sweep			
<b>Combinations</b>	Hook kick & Roundhouse kick			
	Hook (front), Hook (rear) & roundhouse kick			
	Roundhouse kick & spinning hook kick			
	Double jab, cross, roundhouse kick, spinning backfist			
	Side kick & spinning back kick			
	Closed cover elbow & front kick			
<b>Other</b>	Fighting strategy			
	Parts of the body – Kidneys and Throat			
	Shadow boxing for 1 minute			
	Referee Terminology			
	Understanding of competition rules			
	3 x 3 minute sparring (1 win)			
	Breaking – Kick			
	Minimum 26 hours training			

<b>Comments</b>	
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Students will be asked to demonstrate these techniques in any number of combinations to be decided on the day.

All techniques are to be demonstrated on partner.

Fitness            40 Press ups  
                          60 sit ups  
                          60 Squats  
                          40 Mountain Climbs

In addition must have competed in 1 competition

**2<sup>nd</sup> Kyu – Brown/White belt  
(Earth – Contemplation of the future)**

Section	Japanese	English	Taught	Pass / Fail / Comment
<b>Stances</b>	T Stance			
<b>Blocks</b>	Knee block			
	Shin block			
<b>Kicks</b>	Jumping side kick			
	Jumping front kick			
	Jumping knee kick			
	Forward foot sweep			
<b>Combinations</b>	Closed elbow cover & side kick			
	Body hook, head hook, double roundhouse kick			
	Reverse hook kick & spinning kick			
	Front kick & Spinning back kick			
	Bob and weave left, lead hook & cross			
	4 speed jabs, spinning backfist & hook kick			
<b>Other</b>	Full contact sparring			
	Parts of the body – Temple & stern ham			
	Teaching Skills			
	4 x 3 minute sparring (2 wins)			
	Speed work – 5 x 10 second rounds – 5 seconds rest			
	Basic Massage			
	Referee competitions			
	Breaking – Fist			
	Minimum 52 hours training (6 months)			

<b>Comments</b>	
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All techniques are to be demonstrated on partner.

In addition must have competed in 2 competitions

Fitness            50 Press ups  
                          70 sit ups  
                          70 Squats  
                          50 Mountain Climbs



**1<sup>st</sup> kyu – Brown belt  
(Earth – Contemplation of the future)**

Section	English	Taught	Pass / Fail / Comment
<b>Blocking</b>	Catching		
<b>Strikes</b>	Rabbit punch		
	Chain punching		
<b>Kicks</b>	Spinning crescent kick		
	Reverse hook kick (With heel)		
	Reverse roundhouse kick		
<b>Combinations</b>	Double jab, hook and hook kick		
	One step hook kick, front kick, roundhouse kick		
	Double jab, Feint front kick, roundhouse kick, hook kick		
	One step hook kick, roundhouse kick, spinning side kick		
	One step side kick, hook kick, spinning backfist, front kick, axe kick		
	Hook (front arm), hook (rear arm), hook kick & double roundhouse kick		
	Hook, Side kick, Spinning side kick, Backfist, Cross & Jumping front kick		
	Jab, cross, uppercut (lead arm), uppercut (rear arm), body hook, head hook & crescent kick		
<b>Other</b>	Full contact sparring – 5 man kumite		
	Teaching Skills		
	Distance training		
	Basic first aid		
	Minimum 52 hours training (6 months)		

<b>Comments</b>	
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All techniques are to be demonstrated on partner.

In addition must have refereed 2 competitions

Fitness            50 Press ups  
                          80 sit ups  
                          80 Squats  
                          50 Mountain Climbs

**Promotion to 1st Dan and beyond is at the invitation of the Masters and any grading requirements will be at their discretion.**