

GRADING SYLLABUS

NAME: _____

YELLOW BELT

1	STANCES	[]	[]	[]
2	STRAIGHT PUNCH	[]	[]	[]
3	REVERSE PUNCH	[]	[]	[]
4	FRONT KICK	[]	[]	[]
5	SIDE KICK	[]	[]	[]
6	BLOCKS	[]	[]	[]
7	KATA	[]	[]	[]
8	ETIQUETTE	[]	[]	[]

ORANGE BELT

1	STANCES	[]	[]	[]
2	BEARS PAW	[]	[]	[]
3	BACK FIST	[]	[]	[]
4	ROUNDHOUSE KICK	[]	[]	[]
5	BACK KICK	[]	[]	[]
6	BLOCKS	[]	[]	[]
7	KATA	[]	[]	[]

YOU MUST BRING THIS GRADING SYLLABUS WITH YOU EVERY LESSON UNTIL ALL THE SPACES HAVE BEEN SIGNED BY JON, MIKE & BARRY. WHEN THIS FORM IS COMPLETE YOU WILL THEN BE GIVEN A DATE FOR YOUR NEXT GRADING. IF YOU LOSE THIS FORM IT WILL COST YOU 20pence TO REPLACE IT!!! SO LOOK AFTER IT.