



GRADING SYLLABUS

Red belt:

Free style leg techniques;

Chudan > Jodan
Jodan > Chudan

Blocks ----- Uke

Leg blocks

Ashi uke

Partner Work;

Three 30 secs continuous - Snapping, punch, ridge hand, forearm
Three 30 secs continuous - Front kick, side kick, crescent kick
To test focus and check strike points.

Pattern Work;

Three sets of students own patterns.

Set Pattern Work;

- 1, Free stance - block and hold - hook kick to roundhouse kick
- back kick - snapping punch - reverse punch - ridgehand.
- 2, Free stance - evade - snapping punch jodan - front kick
chudan - rising punch - double roundhouse.
- 3, Free stance - block - snapping punch - front leg roundhouse
- power side kick - back kick - power reverse punch.

Free sparring against a four man line.

Board Break;

Ridge hand
Snapping kick off front leg.

Instructor may request additional techniques.

Kata