

GRADING SYLLABUS

NAME:

PURPLE BELT

1	BLOCK & LOCK	[]	[]
2	KICKS (SPINNING)	[]	[]
3	SPARRING (HANDS/LEGS ONLY)	[]	[]
4	BREAKING	[]	[]
5	SELF DEFENCE	[]	[]
6	KATA: JION	[]	[]

BROWN BELT

1	BLOCK & STRIKE	[]	[]
2	KICKS (JUMPING)	[]	[]
3	PATTERN WORK:-	[]	[]

- A TWO LEG TECHNIQUES - TWO HAND TECHNIQUES
- B THREE HAND TECHNIQUES - ONE LEG TECHNIQUE
- C FOUR HAND TECHNIQUES - TWO LEG TECHNIQUES

4	BREAKING	[]	[]
5	SELF DEFENCE (KNIFE ATTACK)	[]	[]
6	KATA	[]	[]

RED BELT

1	BLOCKS (STRIKE TO ATEMI POINT)	[]	[]
2	JUMPING SPINNING KICKS	[]	[]
3	PARTNER WORK	[]	[]
4	PATTERN WORK	[]	[]
5	BREAKING	[]	[]
6	SPARRING (4 MAN LINE UP)	[]	[]
7	KATA: RED BELT & WEAPON	[]	[]
