

GRADING SYLLABUS

NAME:

GREEN BELT

1	STANCES	[]	[]
2	FOREARM/ELBOW	[]	[]
3	KNIFEHAND	[]	[]
4	RIDGEHAND	[]	[]
5	SPEARHAND	[]	[]
6	EVASION	[]	[]
7	HOOK KICK	[]	[]
8	CRESCENT KICK	[]	[]
9	AXE KICK	[]	[]
10	FOOT SWEEP	[]	[]
11	KATA	[]	[]

BLUE BELT

1	BLOCKS	[]	[]
2	KNEE	[]	[]
3	SHIN	[]	[]
4	SNAPPING & POWER	[]	[]
5	COMBINATIONS	[]	[]
6	HOOK PUNCH	[]	[]
7	HAMMERFIST	[]	[]
8	ONE KNUCKLE STRIKE	[]	[]
9	INVERTED PUNCH	[]	[]
10	HALF STEP	[]	[]
11	SPARRING (INSURANCE!!!!)	[]	[]
12	KATA	[]	[]

IF YOU LOSE THIS FORM, IT WILL COST YOU 20 PENCE TO REPLACE IT!!!! - SO LOOK AFTER IT.

YOU MUST BRING THIS FORM TO EVERY LESSON UNTIL IT IS COMPLETE AND THEN YOU MUST BRING ALL OF YOUR COMPLETED FORMS TO THE NEXT GRADING.