

# Grading Syllabus

The grading syllabus is broken down into 3 sections.

## **BASIC 1**

1st Grade Red/White

2nd Grade Red

3rd Grade Yellow

This section is the beginners section and mainly emphasises basic techniques e.g. punching, kicking and blocking.

## **INTERMEDIATE 2**

4th Grade Orange

5th Grade Green

6th Grade Purple

7th Grade Blue

This is the intermediate stage and introduces more partner work, advance basics and light sparring.

## **ADVANCED 3**

8th Grade Brown

9th Grade 1st Kyu

10th Grade Black



# 1st Red/White Belt

## Front Stance

Left and right stance

## Arm Techniques

1. Jab
2. Reverse punch/cross
3. Back fist front arm

## Kicks

1. Front kick front & back leg
2. One step front kick forward & back

## Defence

1. Parry front arm/ back arm defence head
2. Parry front arm/back arm defence body
3. Inside knee block front leg

## Combinations

1. Jab, front kick front leg, reverse punch
2. One step front kick forward, backfist, reverse punch
3. One step front kick defend, jab, back leg front kick land forward

## Self Defence

1. Reverse punch attack, parry defence & counter
2. Front kick attack, inside knee block defence & counter

## Sparring

N/A



# 2nd Red Belt

## Arm Techniques

1. Sliding jab
2. Sliding reverse punch
3. Hook front & back arm
4. Uppercut front & back arm

## Kicks

1. Roundhouse kick front & back leg midsection
2. Round house kick back leg chest level

## Defence

1. Outside forearm block
2. Outside knee block front & back leg
3. Downward evade

## Combinations

1. Outside knee block, sliding jab, hook front arm, uppercut back arm
2. Outside forearm block, uppercut back arm, hook front arm
3. Sliding jab, reverse punch, roundhouse kick front & back leg

## Self Defence

1. Roundhouse kick back leg attack.....outside knee block & counter
2. Hook back arm attack.....outside forearm block or downward evade & counter

## Sparring

1. Shadow sparring combinations 1st grade



# 3rd Yellow Belt

## Arm Techniques

1. Ridge hand strike
2. Hammerfist strike
3. Stepping jab
4. Stepping reverse punch

## Kicks

1. Side kick front & back leg
2. Turning side kick
3. Footsweep

## Defence

1. Rising forearm block
2. Side step defence
3. Pressing block

## Combinations

1. Side kick front leg, ridge hand strike front arm, turning side kick
2. Side step, Jab, footsweep front leg, ridge hand strike back arm

## Self Defence

1. Side kick attack, pressing block and combination counter
2. Hammerfist back arm attack, rising forearm defence and combination counter

## Sparring

1. Shadow sparring 1st, 2nd, 3rd grade combinations
2. Light sparring front leg & front arm only



# 4th Orange Belt

## Arm Techniques

1. Palm heel strike
2. Knuckle punch
3. Overarm jab

## Kicks

1. Hook kick rear leg
2. Spinning hook kick
3. Axe kick

## Defence

1. Jamming defence
2. Spin-off
3. Slipping

## Combinations

1. Sliding jab, hook kick back or front leg
2. Stepping jab, axe kick back leg
3. Sliding jab, spinning hook kick

## Self Defence

1. Jamming defence – stepping jab attack.....axe kick attack....spinning hook kick attack

## Sparring

1. Shadow sparring – combinations above
2. Shadow sparring 1st-4th grade combinations
3. Sparring light contact – hands only, legs only, both



# 5th Green Belt

## Arm Techniques

1. Spinning back fist
2. Spinning reverse punch
3. Jump scissor reverse punch

## Kicks

1. Back kick
2. Heel front kick
3. Straight leg roundhouse kick

## Defence

1. Downward hook deflection
2. Side step (advanced)

## Combinations

1. Jab, reverse punch, switch stance, straight leg roundhouse kick
2. Jab, back kick, jump scissor reverse punch

## Self Defence

1. Heel front kick/straight leg roundhouse kick attack.....downward hook deflection defence & counter attack
2. Back kick/spinning back fist attack.....side step defence & counter

## Sparring

1. Shadow sparring with combinations
2. Sparring one attack/one defend
3. Light sparring





# 6th Purple Belt

## Arm Techniques

1. Over arm jab
2. Over arm cross
3. Reverse jab

## Kicks

1. Whipping roundhouse kick low/high
2. Inside crescent kick
3. Outside crescent kick

## Defence

1. Forearm defence (advanced)
2. Foot block

## Combinations

1. Overarm jab, overarm cross punch, switch stance, whipping low roundhouse kick
2. Outside crescent kick front leg, whipping roundhouse kick
3. Inside crescent kick, back kick, whipping roundhouse kick

## Defence

1. Foot block and counter
2. Forearm block defence

Shadow sparring with combinations Sparring x 2 rounds



# 7th Blue Belt

## Arm Techniques

1. Knife hand strike
2. Fake jab hook (front arm)
3. Fake jab uppercut (front arm)

## Kicks

1. Spinning outside crescent kick
2. Spinning reverse foot sweep
3. Knee strike forward/jumping
4. Jumping back kick

## Defence

1. Knife hand block
2. Wrist lock

## Combinations

1. Fake jab hook, knee strike
2. Fake jab uppercut, spinning outside crescent kick

## Self Defence

1. Knife hand blocks and close quarter counters

## Sparring

Shadow sparring with combinations

Sparring various 3 rounds





# 8th Brown Belt

## Arm Techniques

1. Roundhouse elbow strike
2. Rising elbow strike
3. Whipping elbow strike

## Kicks

1. One step sliding axe kick
2. Roundhouse heel kick
3. Spinning back kick
4. Forward turning side kick

## Defence

1. Rising elbow defence
2. Take down

## Self Defence

1. Rising elbow defence, combination counter
2. Various attacks, take down defence

## Combinations

1. One step slide axe kick, roundhouse heel kick, spinning back kick
2. Forward turning side kick, rising elbow strike back arm

## Sparring

1. Shadow sparring x 3 rounds
2. Sparring x 3 rounds

TMKA form 1



# 9th 1st Kyu

## Arm Techniques

1. Spinning knife hand strike
2. Spear elbow strike

## Kicks

1. Spinning roundhouse kick
2. Front turning stamp kick
3. Rising front kick
4. Double roundhouse kick
5. Forward spinning crescent kick

## Defence

1. Wrist lock defence
2. Arm lock defence

## Combinations

1. Spear elbow strike, front turning stamp kick
2. Spinning roundhouse kick, spinning knife hand strike

## Sparring

1. Shadow sparring x 2
2. Sparring x 2
3. 2 on 1 sparring x 2
4. Pads x 2

TMKA form 2



# 10th Black Belt

As from previous grades.

**Including:**

1. Sparring
2. Pad Training
3. Partner self defence

TMKA form 1 & 2



