

White Belt – Red Stripe

11th Kyu

Ready Stance

Left Lead Fighting Stance with guard.

Right Lead Fighting Stance with guard.

Body Blade from Fighting Stances (Left and Right Leads with guard)

Movement Drill steps 1 -5 (Left and Right Leads with guard)

Lead Hand Palm Heel Strike

Rear Hand Palm Strike

Instep Front Kick (Groin Kick)

Break-falls – Front Emergency, Side Break-fall, Rolling Break-falls front and rear.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn the following Merit Badges at this level.



ATTENDANCE BADGE:

Awarded after the student has attended class on 10 **consecutive** occasions.
This badge is free.



MOVEMENT DRILL AND FIGHTING STANCE BADGE:

Student must be able to demonstrate all three basic Fighting Stances with the correct guard positions and also be able to complete Movement Drill steps 1-5 from both a left and a right lead fighting stance.



PALM HEEL STRIKE BADGE: Student must be able to demonstrate 10 Palm Heel Strikes on both hands against a striking pad / shield.
Executed from both left and right lead fighting stance with Kiai.



BREAKFALLING BADGE: 1

Student must be able to demonstrate the following break-falls – Front Emergency, Left Side, Right Side and Rear.



FRONT ROLLING BREAKFALL BADGE:

Student must be able to perform the front rolling break-fall on both left and right sides.



BACK ROLLING BREAKFALL BADGE:

Student must be able to perform the back rolling break-fall on both left and right sides.

Red Belt



10th Kyu

Outer Forearm Block

Flying Wedge Block

Movement Drill steps 1- 6 (Left and Right Leads with guard)

Ball of Foot - Front Snap Kick to Body.

Outer Forearm Block Defence against a Palm Heel Strike to Head.

Counters:

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face.

Flying Wedge defence to attempted front two-handed shoulder grab.

Counters:

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



OUTER FOREARM BLOCK BADGE:

Student must demonstrate 10 Outer Forearm Blocks against a Blocking Pad / Bat effectively.



MOVEMENT DRILL AND FIGHTING STANCE BADGE: 2

Student must be able to demonstrate all three basic Fighting Stances with the correct guard positions and also be able to complete Movement Drill steps 1-6 from both a left and a right lead fighting stance.



FRONT KICK BADGE: Student must be able to effectively execute 10 Instep Groin Kicks and 10 Ball of Foot Front Snap Kicks against a Striking Pad / Shield from both Left and Right Lead Fighting Stances.

Yellow Belt



9th Kyu

Inner Forearm Block

Bottom Fist Strike drill

Movement Drill Steps 1- 8

Lead Leg low line Side Kick from Fighting Stance.

Low Line Side Kick from Body Blade (Horse Stance)

Inner Forearm Block Defence against a Palm Heel Strike to Head.

Counters: After stepping into Horse Stance and executing block.

1. Bottom Fist to Head.
2. Palm Heel Strike to Face.
3. Side Kick to Shin / Knee.

Flying Wedge defence to attempted front two-handed choke.

Counters: From Fighting Stance after moving back (No. 2 Step)

1. Bottom Fist to Head.
2. Palm Heel Strike to Face.
3. Side Kick to Shin / Knee.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



INNER FOREARM BLOCK BADGE:

Student must demonstrate 10 Inner Forearm Blocks against a Blocking Pad / Bat effectively.



MOVEMENT DRILL AND FIGHTING STANCE BADGE: 3

Student must be able to complete Movement Drill steps 1-8 from both a left and a right lead fighting stance.



SIDE KICK BADGE: Student must be able to effectively execute 10 Side Kicks against a Striking Pad / Shield from both Left and Right Lead Fighting Stances.

Orange Belt



8th Kyu

Rising Forearm Block

Low Sweeping Block

Lead Leg Low Line Roundhouse Shin Kick

Movement Drill Steps 1- 10

Forehand Overhead Blow to the top of the Head.

Counters: From Fighting Stance after moving forward (No.1 Step)

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face

Low Sweeping Block Defence against Rear Leg Front Kick to Body

Attacker and Defender in same lead stances. (Complimentary)

Counter: Outside Lateral Step (No.3)

1. Side Kick to Knee.
2. Palm Heel Strike to Head.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



RISING FOREARM BLOCK BADGE:

Student must demonstrate 10 Rising Forearm Blocks against a Blocking Pad / Bat effectively.



LOW SWEEPING FOREARM BLOCK BADGE:

Student must demonstrate 10 Low Sweeping Forearm Blocks against a Blocking Pad / Bat effectively.



ROUNDHOUSE SHIN KICK BADGE: Student must be able to effectively execute 10 Roundhouse Shin Kicks against a Striking Pad / Shield from both Left and Right Lead Fighting Stances.

Green Belt

Shield Block

Movement Drill Steps 1- 12

Body Blade with Elbow Sweep



7th Kyu

Body Blade counter to front one handed shoulder grab.

Counters:

1. Flat Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

Body Blade counter to front two handed shoulder grab.

Counters:

1. Flat Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Palm Heel Strike to Head and Side Kick to Knee.

Shield Block counter to rear backhand bottom fist to head.

Counters:

1. Palm Heel Strike to Face.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



BOTTOM FIST STRIKE DRILL BADGE:

Student must show 10 repetitions of Bottom Fist Striking Drill from both Left and Right Lead Fighting Stances.



SHIELD BLOCK BADGE:

Student must show 10 repetitions of Shield Block against striking baton from left and right lead fighting stances.



MOVEMENT DRILL AND FIGHTING STANCE BADGE: 4

Student must be able to complete Movement Drill from both a left and a right lead fighting stance.

Blue Belt



6th Kyu

Step Obverse Punch

The Reverse Punch

Step Roundhouse Elbow Strike

Step Rising Elbow Strike

Body Blade counter to front one handed choke.

Counters:

1. Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

Body Blade counter to front two handed choke.

Counters:

1. Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

Low Sweeping Block Defence against Rear Leg Front Kick to Body

Attacker and Defender in opposite lead stances. (Mirrored)

Counter: Outside Lateral Step (No.3)

1. Side Kick to Knee.
2. Palm Heel Strike to Head.
3. Instep Front Kick to groin

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



STEP OBLVERSE PUNCH BADGE

Student must demonstrate 10 repetitions against strike shield / pad from both left and right lead fighting stances.



REVERSE PUNCH BADGE

Student must demonstrate 10 repetitions against strike shield / pad from both left and right lead fighting stances.

Purple Belt White Stripe



5th Kyu

Body Blade counter to rear one handed shoulder grab.

Counters:

1. Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

Body Blade counter to rear two handed shoulder grab.

Counters:

1. Bottom Fist to Head.
2. Side Kick to Knee.
3. Combination – Bottom Fist to Head and Side Kick to Knee.

Under-arm Grab from behind.

Counters:

1. Inside step to prevent being picked up, back elbow to head to release.
2. Knuckle Stab to back of Attackers Hand and Step into Straddle Stance then Ankle pick throw to release.

Shield Block counter to Lead and rear wild strikes to the head.

Counters:

1. Lead bottom fist to head.
2. Rear Instep Front Kick to Groin.
3. Combination - Lead bottom fist to head and Rear Instep Front Kick to Groin

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



STRIKING BADGE

Student must demonstrate 10 repetitions of ALL strikes learnt against strike shield / pad from both left and right lead fighting stance.



KICKING BADGE

Student must demonstrate 10 repetitions of ALL kicks learnt against strike shield / pad from both left and right lead fighting stance.

Purple Belt



4th Kyu

Descending Arm Block

Arrow Punch

Rising Knee Strike

Thrusting Knee Strike

Lead Rising Forearm Block against Overhead Blow / Attempt Hair Grab.

Counters:

1. Arm wrap, knee-trip throw, step over back heel to body, kneeling fig 4 Arm Lock.

Rear Rising Forearm Block against Overhead Blow / Attempt Hair Grab.

Counters:

1. Redirection and wrist grab into straight arm lock and takedown.

Over-arm Grab from behind.

Counters:

1. Side-step into Straddle Stance and Groin Strike / Grab / Pinch Thigh to release.
2. From counter 1 into Ankle pick throw and disengage.

Wide Hooks to head and Lead Uppercut to Body

Counters: Shield Blocks and Descending Arm Block.

1. Arrow Punch, Lead Roundhouse Shin Strike and Instep Groin Kick.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



KNEE STRIKE BADGE: Student must demonstrate 10 repetitions of Rising Knee Strike and Thrusting Knee strike on strike shield / pad from both left and right lead fighting stances.



DESCENDING ARM BLOCK BADGE: Student must show 10 repetitions of Descending Arm Block against striking baton from left and right lead fighting stances.



KNEE TRIP THROW BADGE: Student must show 10 repetitions of Knee Trip Throw from left and right lead fighting stances.

BROWN WHITE STRIPE



3rd KYU

Wrist Release Methods:

Assisted Pull Out (Hand clap) Escape.

Twist out Escape. (Arm circle)

Prayer Escape (Flying Wedge) (Opening Wedge)

Front Mirror Wrist Grab (Left on Right or Right on Left)

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.
2. Twist out and palm Heel Strike to Face.

Front Cross Wrist Grab (Left on Left or Right on Right)

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.
2. Twist out and palm Heel Strike to Face.

Two-handed Wrist Grab.

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.

Double Wrist Grab – Hands held down.

Counters: Focus break

1. Upwards Prayer Escape (Flying Wedge) Instep Groin Kick.

Double Wrist Grab – Hands held up.

Counters: Focus break

1. Downwards Escape (Opening Wedge) Instep Groin Kick

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



WRIST RELEASE METHODS BADGE:

Student must be able to demonstrate the four wrist release methods.
Technique only-no attack or counter.

BROWN BELT



2nd KYU

Elbow Strikes to Rear

Bottom Fist Strikes to Rear

High and Low Line

Wrist Grab from the side. (Unnatural Grip)

Counters: Focus break

1. 'X' dissolve – lower forearm sweeping block to triceps, knee thrust strike to thigh

Mirror Wrist Grab from Behind. (Left on Left or Right on Right)

Counters: Focus break

1. Step-away Body Blade, Hand Clap and Pull Out, Side Kick to Knee.
2. Step-away Body Blade, Twist out Escape. (Arm circle) Palm Heel to Face.

Cross Wrist Grab from behind. (Left on Right or Right on Left)

Counters: Focus break

1. Step-away Body Blade, Hand Clap and Pull Out, Side Kick to Knee.
2. Step-away Body Blade, Twist out Escape. (Arm circle) Palm Heel to Face.

Double Wrist Grab from Behind.

Counters: Focus break

1. Step back and 'Prayer' Escape, step away into Body Blade, Bottom Fist to Head.
2. Step back and 'Prayer' Escape, Back Elbow to Body and Head.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



STRIKING TO REAR BADGE:

Student must show 10 repetitions of High Line Back Elbow Strike, Mid Section Back Elbow Strike, High Line Bottom Fist, Mid Section Bottom Fist and Low Line Bottom Fist against striking shield / Pad.



BROWN BELT BLACK STRIPE

1st KYU

Outer Wrist Twist

Inner Wrist Twist

One Handed Hair Grab from Front.

Counters: Focus break

1. Wrist grab and twist under arm escape.

Two Handed Hair Grab from Front.

Counters: Focus break

1. Hand Clamp and Instep Groin Kick.
2. Triceps Pinch to release and Palm Heel Strike to Face.

One Handed Hair Grab from Behind.

Counters: Focus break

1. Wrist grab and twist under arm escape.

Two Handed Hair Grab from Front.

Counters: Focus break

1. Wrist grab and twist under arm escape.

Escape from Side Head Lock

Counters: Focus break (Pinch inside of thigh)

1. Arm Vine and Face Grab and pull back to release.

Escape from Front Side Head Lock

Counters: Focus break (Pinch inside of thigh)

1. Push knee from inside to outside line to effect release and throw.

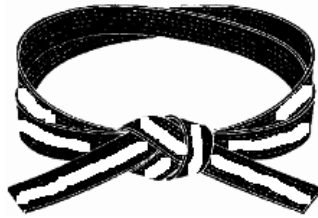
MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at this level.



WRIST TWIST LOCK / THROW BADGE:

Student must demonstrate the Wrist Twist Lock / Throw on both left and right sides. 10 Repetitions each side, each throw.



JUNIOR BLACK BELT

GROUND DEFENCES:

Attempted two-handed shoulders grab – Attacker kneeling at side.

Counters:

1. Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed choke – Attacker kneeling at side.

Counters:

1. Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed shoulders grab – Attacker in between legs.

Counters:

1. Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed choke – Attacker in between legs.

Counters:

1. Flying Wedge and Cross-Body Head Winding Throw.

Applied two-handed shoulders grab – Attacker kneeling at side.

Counters: Focus break

1. Arm clamp, hip tilt and cross-body roll off.

Applied two-handed choke – Attacker kneeling at side.

Counters: Focus break

1. Arm clamp, hip tilt and cross-body roll off.

Applied two-handed shoulders grab – Attacker in between legs.

Counters: Focus break

1. Arm clamp, hip tilt and roll off.

Applied two-handed choke – Attacker in between legs.

Counters: Focus break

1. Arm clamp, hip tilt and roll off.
2. Leg split and Head Winding Throw.

Other Merit Badges that may be attempted at any Grade.

MERIT BADGES: COST OF BADGE £1-50 Includes A5 Certificate.

Students may earn any of the previous Merit Badges plus the following at any stage.



LEG RAISES BADGE:

Student must demonstrate 10 straight leg raises on each leg. Knee must touch shoulder and leg must remain straight.



HEAD HUNTERS BADGE:

Student must demonstrate 10 Front Kicks, 10 Roundhouse Kicks and 10 Side Kicks against strike shield / pad to their own head height, whilst showing good balance and stances.



BELT TIED CORRECTLY BADGE:

Student must show that they can tie their own grade belt correctly.



PUSH UPS BADGE:

Student must perform 10 Push-ups. Knees must not touch the floor, back straight etc. Extra badges may be earned for subsequent multiples of 10. i.e. 20, 30 40 etc.



SIT UPS BADGE:

Student must perform 10 Sit-ups. Knees bent, back straight etc. Extra badges may be earned for subsequent multiples of 10. i.e. 20, 30 40 etc.



JUNIOR SYLLABUS
FOR STUDENTS AGED 5 – 9YRS OLD