



Grading Syllabus  
KICKBOXING



## RED BELT (1<sup>st</sup> Grade)

Front Kick:	Low & middle
Front Kick:	Front leg & back leg (moving forward)
Front Kick:	Two-step
Roundhouse:	Low & middle
Roundhouse:	Front leg & back leg (moving forward)
Combination:	Front & Roundhouse kicks
Static:	Front kick (front & back leg)
Static:	Roundhouse (front & back leg)
Side Kick:	Low (moving forward)
Side Kick:	Front leg static
Combination:	Front, Round, Side
Impact Kicks:	Front, Round, Side using shield
Snap Punch:	Static
Snap Punch:	Moving forward
Reverse Punch:	Static
Combination:	Snap/Rev static (short & cross)
Combination:	Snap/Rev stepping forward (long)

Target work:	4 x 1 minute rounds with focus mitts
Defence:	Head block (static)
Defence:	Low block (static)
Defence:	Inner block (static)
Combination:	Head, low, inner (static)
Combination:	2 for 2 (light). 4 x 1 minute rounds
Light spar:	2 x 2 minute rounds (light)
Fitness test:	50 x sit ups x press ups x squats (11 minutes)

To be performed in a group or solo

The examining panel will be looking for good posture & form. Speed & power is less important



## YELLOW BELT (2<sup>nd</sup> Grade)

Front Kick:	Low & Head
Front Kick:	Front leg & back leg (moving forward)
Front Kick:	Two-step
Roundhouse:	Low & Head
Roundhouse:	Front leg & back leg (moving forward)
Combination:	Front & Roundhouse kicks
Static:	Front kick (front & back leg)
Static:	Roundhouse (front & back leg)
Side Kick:	Low (moving forward)
Side Kick:	Front leg static
Side Kick:	Middle (moving forward)
Combination:	Front, Round, Side
Combination:	Double front kick (moving forward)
Impact Kicks:	Front, Round, Side using shield
Snap Punch:	Static
Snap Punch:	Moving forward
Reverse Punch:	Static
Elbow Strike:	Static front arm & step front arm

Combination:	Snap/Rev static (short & cross)
Combination:	Elbow/Rev static
Combination:	Snap/Rev stepping forward (long)
Combination:	Snap/Elbow stepping forward
Target work:	4 x 1 minute rounds with focus mitts
Defence:	Head block (static)
Defence:	Low block (static)
Defence:	Inner block (static)
Combination:	Head, low, inner (static)
Combination:	2 for 2 (light). 5 x 1 minute rounds
Light spar:	3 x 2 minute rounds (light)
Fitness test:	70 x sit ups x press ups x squats (13 minutes)

To be performed in a group or solo

The panel will be looking for good posture & form

Speed & power is less important

Technique and control is important



### ORANGE BELT (3<sup>rd</sup> Grade)

Front Kick:	Gedan (low), Chudan (mid) & Jodan (head)
Front Kick:	Front leg & back leg (moving forward)
Front Kick:	Two step double
Roundhouse:	Gedan, Chudan & Jodan
Roundhouse:	Front leg & back leg double (moving forward)
Combination:	Front & Roundhouse kicks
Combination:	Front/Round same leg moving forward
Static:	Front kick (front & back leg)
Static:	Roundhouse (front & back leg)
Static:	Front kick double (front & back leg)
Side Kick:	Chudan (moving forward)
Side Kick:	Front leg Gedan - static
Side Kick:	Front leg double. Gedan then Chudan – static
Combination:	Front, Round, Side
Combination:	Treble front kick (moving forward)
Impact Kicks:	Front, Round, Side using shield

Impact Kicks:	10 x Front power kicks using shield. 15-secs
Impact Kicks:	10 x Round power kicks using shield. 15secs
Snap Punch:	Static
Snap Punch:	Moving forward
Reverse Punch:	Static
Elbow Strike:	Static front arm & step front arm
Combination:	Snap/Rev static (short & cross)
Combination:	Elbow/Rev static
Combination:	Snap/Rev two-step forward (long)
Combination:	Snap/Elbow two-step forward
Target work:	5 x 1.5 minute rounds with focus mitts
Defence:	Head block (static)
Defence:	Low block (static)
Defence:	Front arm Inner block & parry (static)
Combination:	Head, low, inner (static, stepping forward & backwards)
Combination:	2 for 2 (light). 5 x 2 minute rounds
Light spar:	6 x 2 minute rounds (light)
Fitness test:	80 x sit-ups • 80 x press ups • 80 x squats (15mins)



## GREEN BELT (4<sup>th</sup> Grade)

Static	front leg, front kick and reverse punch
Static	front leg, roundhouse kick – reverse punch
Static	front leg, side kick and reverse punch
Static	front leg, hook kick and reverse punch
Static	front arm, elbow strike and reverse punch
Static	snap, reverse, snap and reverse punch
Static	front arm, hook punch and reverse punch
Static	hook punches
Static	snap punch with parry
Static	snap punch with weave/evasion
Static	double snap punch with weave/evasion
Static	snap punch – step snap, step back snap punch
Snap/reverse	step snap/rev, step back snap/rev
Double snap	step double snap, step back snap/rev punch
Double snap	step double snap/rev, step back snap/rev x 2
Static	head block, low block and inner block
Static	as above and with double coverage



Static	as above and with double coverage and reverse punches
Static	as above and with one-step forward/back
Rotation	4-point blocks to head, body, low
Rotation	4-pt blocks to head, body, low using double coverage
Impact Kicks	Front, Round, Side - using shield
Impact Kicks	10 x Front power kicks using shield. 12secs
Impact Kicks	10 x Round power kicks using shield. 12secs
Bag Work	3 x 1 min rounds (punches only)
Bag Work	1 x 1 min rounds (kicks only)
Bag Work	2 x 1 min rounds
Target Work	3 x 2 min rounds: focus mitts (hands-only)
Combinations	2 for 2 (light-continuous). 5 x 2 min rounds
Light spar	6 x 2 minute rounds (light continuous)
Fitness test	100 x sit ups, x press ups x squats (15mins)



### PURPLE BELT (5<sup>th</sup> Grade)

Stepping	front leg, front kick - back leg front kick, reverse punch
Stepping	front leg, round kick – back leg round, reverse punch
Stepping	front leg, side kick - back leg sidekick, reverse punch
Stepping	front leg, hook kick - back leg hook kick, reverse punch
Stepping	front arm, elbow strike, step elbow strike, reverse punch
Stepping	snap, reverse, snap and reverse punch
Static	front arm, double hook punch and reverse punch
Static	upper cuts
Static	snap punch with double-mid parry
Static	snap / reverse punch with weave/evasion
Static	double snap punch, reverse punch with weave/evasion
Static	snap, rev punch – step snap, step back snap, rev punch
Static	snap/rev punch – step snap/rev, step back snap/rev punch

Static	upper cuts with double mid parry
Static	hooks with double mid parry
Static:	head block, low block, inner block deflects & parry
Motion:	1 x 1 min shadow box with single, double deflects & parry
Motion:	1 x 1 minute power blocking combinations
Motion:	1 x 1 minute power, deflect/parry combinations with punches
Static:	Rotation 4-point blocks to head, body, low
Static:	Rotation 4-point blocks to head, body, low (using double coverage)
Impact Kicks:	Front, Round, Side using shield
Impact Kicks:	15 x front power kicks using shield (18 seconds)
Impact Kicks:	15 x round power kicks using shield (18 seconds)
Bag Work:	4 x 1 min rounds (punches only)
Bag Work:	2 x 1 min rounds (kicks only)
Bag Work:	2 x 2 min rounds
Target Work:	3 x 2 min rounds with focus mitts (hands only)
Combinations:	2 for 2 (light continuous). 5 x 2 minute rounds
Light spar:	6 x 2 minute rounds (light continuous)
Fitness test:	120 x sit ups x press ups x squats (16 minutes)



## BROWN BELT (6<sup>th</sup> Grade)

### **Static**

Examiners choice of basic taken from previous grades  
Examiners choice of basic punches  
Examiners choice of basic kicks  
Examiners choice of basic punches

### **Stepping**

Examiners choice of single & double coverage blocks

Examiners choice of single & double coverage blocks with  
parry & counters

### **Static**

Half step, front leg roundhouse (head)  
Half step, front leg double roundhouse (mid & head)  
Half step, front leg treble roundhouse (low, mid & head)  
Half step, front leg sidekick (mid)  
Half step, front leg sidekick, roundhouse (mid & head)

Front leg inner knee block, roundhouse  
(mid parry & head kick)

Front leg inner knee block, sidekick (mid parry & kick)

Half step, front leg double roundhouse, knee block, roundhouse

Half step, front leg roundhouse, knee block, double roundhouse

### **Motion**

2 x 1 minute shadow box (punch combinations & parry)  
2 x 1 minute shadow box (kick, punch, block & parry)

Impact Kicks: back-kick using shield  
Impact Kicks: 20 x front power kicks using shield:  
(20 seconds)

Impact Kicks: 20 x round power kicks using shield:  
(20 seconds)

Bag Work: 4 x 1 minute rounds (punches only)  
Bag Work: 2 x 1 minute rounds (kicks only)

Bag Work: 3 x 2 minute rounds

Target Work: 2 x 3 minute rounds with focus mitts  
(hands only)

Sparring 2 x 2 minute rounds  
(in the ring)

Fitness test: 140 x sit ups x press ups x squats  
(21 minutes)



## BROWN BELT (7<sup>th</sup> Grade)

### **Static**

Examiners choice of basic kicks  
Examiners choice of basic punches  
Examiners choice of basic kicks  
Examiners choice of basic punches

### **Stepping**

Examiners choice of double coverage blocks

Examiners choice of double coverage blocks with  
parry/counters

### **Static**

Half step, front leg hook kick (head)  
Half step, front leg double hook kick (mid & head)  
Half step, front leg axe kick

Half step, front leg axe kick, roundhouse  
(Focus on rotation & position)

Front leg sidekick, axe kick

Front leg hook kick, back leg back kick and return to  
position

Front leg hook kick, roundhouse, back leg back kick and  
return

Front leg double round, hook kick, back leg back kick & return

Front leg front kick, roundhouse, hook kick  
Front leg hook kick, side kick, axe kick

### **Stepping**

Roundhouse step down back kick  
Roundhouse step down double back kick

Static	horse stance front kicks x 100 (50 x each leg)
Static	horse stance back kicks x 50 (25 x each leg)
Static	horse stance snap punches x 100 (50 x each arm)
Impacts	25 x side power kicks using shield (30 seconds)
Impacts	25 x front power kicks using shield (22 seconds)
Impacts	25 x round power kicks using shield (25 seconds)
Bag Work:	4 x 2 minute rounds (punches only)
Bag Work:	2 x 2 minute rounds (kicks only)
Bag Work:	3 x 2 minute rounds (combined)
Sparring	3 x 2 minute rounds (in the ring)
Fitness test:	150 x sit up x press ups x squats (24 mins)



## BROWN BELT (8<sup>th</sup> Grade)

Static                      examiners choice of basic kicks  
Static                      examiners choice of basic punches

Stepping                   examiners choice of basic kicks  
Stepping                   examiners choice of basic punches

Stepping                   examiners choice of triple coverage  
   blocks

Stepping                   examiners choice of triple coverage  
   blocks

**performed with parry & counters**

### **Static**

Half step, front leg double hook kick (head)

Half step, front leg roundhouse, double hook kick  
(mid & head)

Half step, front leg axe kick, hook kick  
Half step, front leg axe kick, double roundhouse  
Half step, front leg sidekick, back leg back kick & return

Snap, snap/reverse/snap into spinning elbow strike & return



Snap, snap/reverse/snap into spinning reverse leg sweep and return

### **Stepping**

Roundhouse step down into spinning hook kick

Roundhouse step down, back kick into spinning hook kick

### **Target**

10 x back kicks into shield (power, direction & accuracy)

10 x spinning hook kicks into shield  
(power, direction & accuracy)

3 x 2 minute rounds of shadow  
(showing motion, fluidity & control)

### **Combinations**

Examiner choice of static, stepping & half step kicks combinations

Examiner choice of static & stepping punch combinations

Examiner choice of static & stepping block combinations including deflects

Bag Work: 6 x 2 minute rounds

Sparring 5 x 2 minute rounds (in the ring)

2Fitness test: 200 x sit ups x press ups x squats  
(30 minutes)



## BLACK BELT (1<sup>st</sup> Dan)

### **Static**

Examiners choice: complete review of kicks

Examiners choice: complete review of punches

Examiners choice: complete review of blocks

Examiners choice: complete review of combinations

### **Stepping**

Examiners choice: complete review of kicks

Examiners choice: complete review of punches

Examiners choice: complete review of blocks

Examiners choice: complete review of combinations

### **Skills-Drills**

L & R stance, using the number wall; 2, 6, 8, 4 as requested  
(single & double kicks: using front kick, round, side kick &  
back kick)

L & R stance, using the number wall; 3, 4, 2, 7 as requested  
(single & multi punches: using snap, rev-punch & elbow  
strike)

## **Impact**

Single kicks to shield: front, round, side & back kicks

Single punches to shield: snap, reverse, elbow, hook, and upper

## **Stepping**

Examiners choice of double/triple coverage blocks with parry / counters

## **Defence**

Evasion, deflects, parry and/or power block:  
4 x front kicks, 4 x round, 2 x side, 2 x hook kicks

Evasion, weaves, parry & deflect:  
(against snap, reverse, hook & upper punch combinations)

Counter, cover /defend and counter attack against examiners choice of techniques: (kicks & punches)

## **Skills**

Timing, accuracy, speed & vision  
using focus mitts: 3 x 2 minute sets (punches)

Timing, accuracy, speed & impact  
using kick shield: 3 x 1 minute sets (kicks)

## **Combinations**

Advanced combinations: static, stepping & mobile  
examiner choice: kicks, punches & blocks

### **Target/Accuracy**

2 x 2 min rounds of shadow  
(showing motion, fluidity & control)

### **Sparring**

5 x 2 minute rounds (in the ring)

### **Bag Work**

4 x 1 minute rounds (punches only)  
2 x 1 minute rounds (kicks only)  
3 x 2 minute rounds

### **Target Work**

2 x 3 minute rounds with focus mitts (hands only)

### **Fitness Test 1000**

200 sit-ups, 200 press-ups, 200 burpees, 200 squats  
(30 minutes)