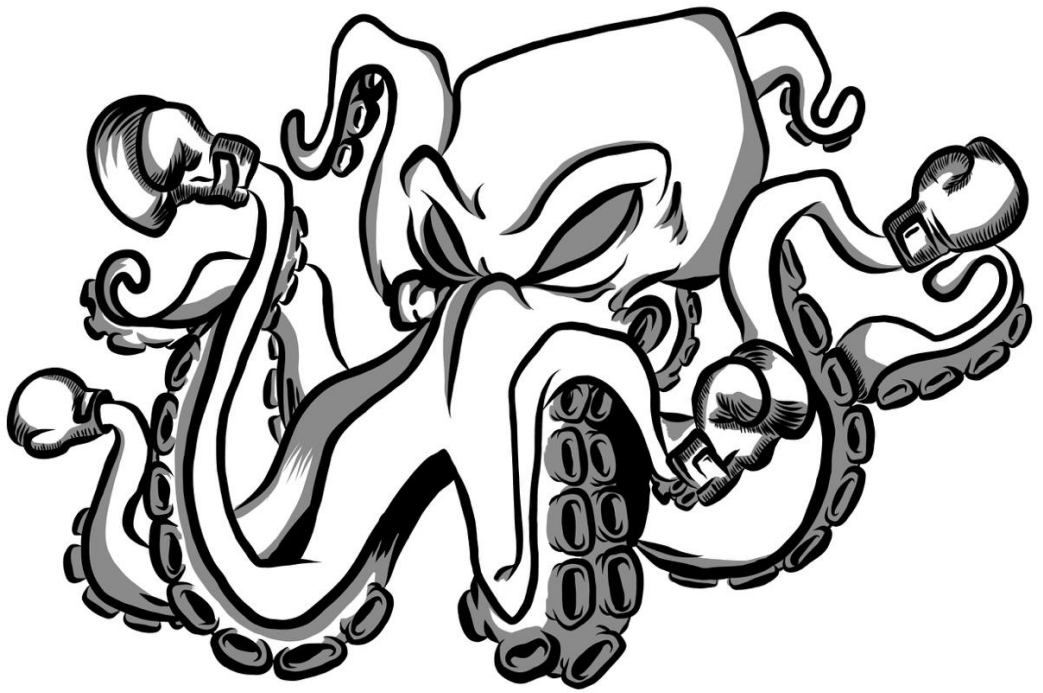


=Sucker Punch Kickboxing

Curriculum: White to 4th DEGREE BLACK

**Senior Gradings 11-14 years & 14+
years**



Lead instructor:

Tim Wise 3rd Degree Black Belt

The curriculum values and standards:

At Sucker Punch Kickboxing we make sure that everyone has the opportunity to grade. Where a student has a disability or limiting movement, every step will be taken to ensure the student will have the chance to demonstrate understanding of techniques and application. This may mean a scalable option is put in place and/or extra verbal, visual or other methods for demonstration are used to show that the students have an understanding.

All techniques must involve the appropriate guard before during and after the performing of each technique. It's important that each student understands how to protect themselves, even when on the offence.

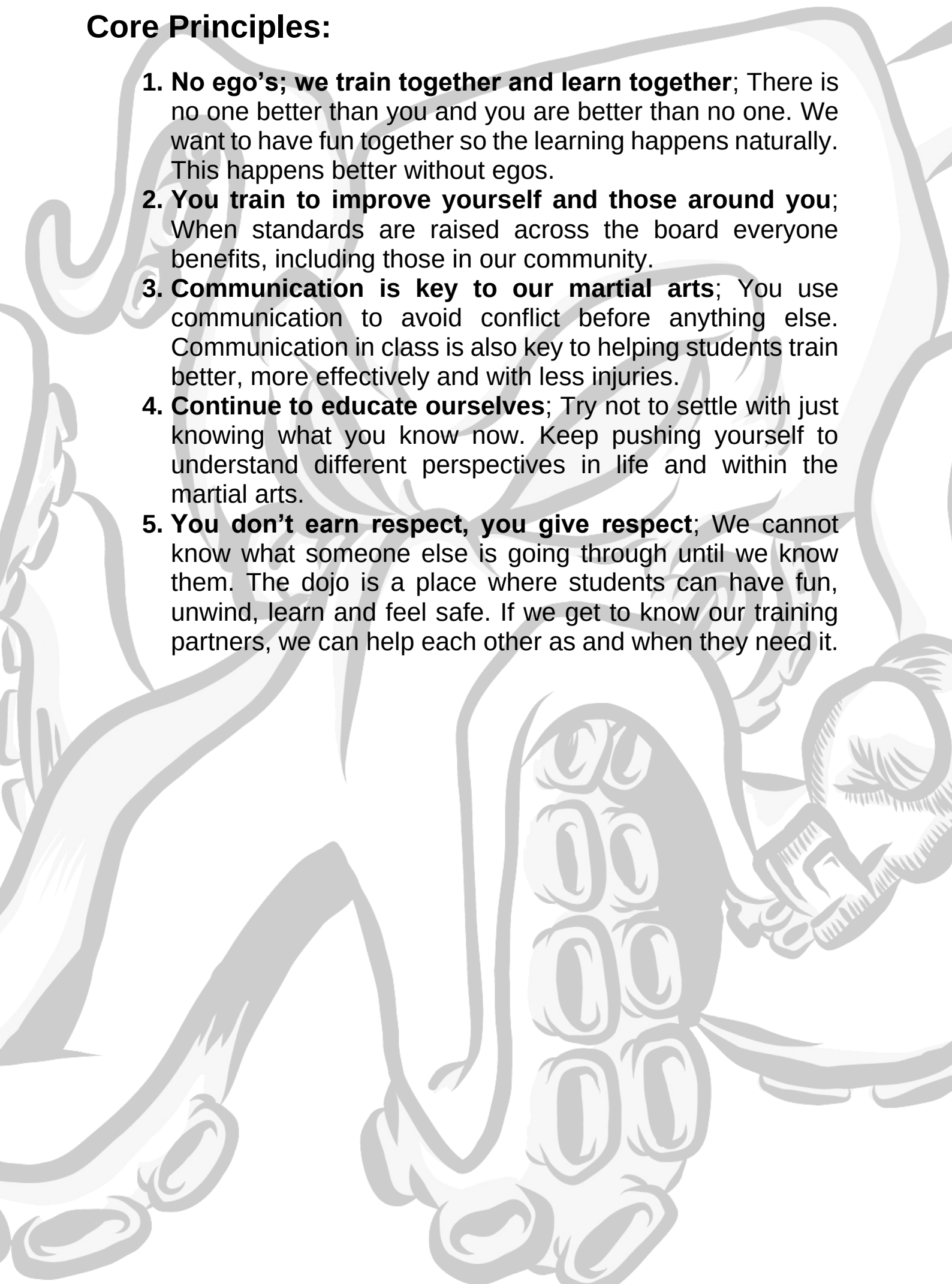
Standards of technique and understanding of application are to be maintained high at all times. Judgements on achieving the required pass mark will be made from both training time in the class environment as well as demonstration of techniques within the grading itself. The club understands that some students may struggle and underperform within a test environment so a holistic assessment will be made where possible.

At the stages of the curriculum that require shadow sparring or sparring it is expected that the students demonstrate feints and fakes to show a martial arts 'IQ'. We need to see understanding of how and when to throw techniques, and also how and when to gain an upper hand in a real situation.

Sucker Punch Kickboxing is a blend of Dutch Kickboxing, Korean Kickboxing, Thai Boxing and Catch wrestling for takedown defences (including but not inclusive of: single leg, double leg, body lock and ankle pick takedowns).

Core Principles:

- 1. No ego's; we train together and learn together;** There is no one better than you and you are better than no one. We want to have fun together so the learning happens naturally. This happens better without egos.
- 2. You train to improve yourself and those around you;** When standards are raised across the board everyone benefits, including those in our community.
- 3. Communication is key to our martial arts;** You use communication to avoid conflict before anything else. Communication in class is also key to helping students train better, more effectively and with less injuries.
- 4. Continue to educate ourselves;** Try not to settle with just knowing what you know now. Keep pushing yourself to understand different perspectives in life and within the martial arts.
- 5. You don't earn respect, you give respect;** We cannot know what someone else is going through until we know them. The dojo is a place where students can have fun, unwind, learn and feel safe. If we get to know our training partners, we can help each other as and when they need it.



Timescale

Each grade will have a minimum of a 3 month wait between grading to allow the students to gain competence in techniques as they progress in difficulty. RED to RED-BLACK will be 6 months and RED-BLACK to Black will also be 6 months. As the techniques and timing will need more training to become competent.

Time before grading for each belt:

- **Orange 9th KYU** 3 months training minimum
- **Yellow 8th KYU** 3 months training minimum
- **Yellow-Green 7th KYU** 3 months training minimum
- **Green 6th KYU** 3 months training minimum
- **Blue 5th KYU** 3 months training minimum
- **Purple 4th KYU** 3 months training minimum
- **Brown 3rd KYU** 3 months training minimum
- **Red 2nd KYU** 6 months training minimum
- **Red-Black 1st KYU** 6 months training minimum
- **1st Dan Black** 6 months training minimum
- **2nd Dan Black** 1 years training minimum
- **3rd Dan Black** 2 years training minimum
- **4th Dan Black** 3 years training minimum

Once the student is 11 years in age, they will be allowed to transfer their junior belt over to the senior grading system. A senior Black Belt will not be given before the age of 14 years.

Testing for Orange (9th Kyu)

FITNESS TEST

- PRESS UPS X 10, SQUATS X 10, SIT-UPS X 10
- 2 MINUTES OF RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 2 PUNCH/ELBOW COMBINATIONS:

- JAB, CROSS
- HOOK, CROSS
- HOOK, JAB

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 2 KICKS/KNEES:

- TURNING KICK
- SIDE KICK

DEFENSE

DEMONSTRATE HOW TO:

- CATCH A PUNCH FROM BOTH HANDS
- HIGH INWARD PARRY FROM BOTH HANDS
- CHECK A TURNING KICK FROM BOTH LEGS
- SLIP A PUNCH

LINEWORK AND PADWORK COMBINATIONS

- HOOK, CROSS
- HIGH INWARD PARRY, JAB, TURNING KICK
- CHECK A LEG KICK, TURNING KICK
- CATCH A PUNCH, SIDE KICK

Testing for Yellow (8th Kyu)

FITNESS TEST

- PRESS UPS X 20, SQUATS X 20, SIT-UPS X 20
- 2.5 MINUTES OF RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- JAB, CROSS, HOOK
- HOOK, CROSS, UPPERCUT
- HOOK, JAB, HOOK (**ALL OFF THE SAME HAND**)

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 3 KICKS/KNEES:

- STRAIGHT KNEE
- ROUNDHOUSE KICK
- HOOK KICK
- AXE KICK

DEFENSE

DEMONSTRATE HOW TO:

- BOB AND WEAVE FROM STRIKES
- LAYBACK; WITH FRONT ARM GUARDING THE BODY
- CROSS BODY LEG CHECK
- CHECK A TURNING KICK FORM BOTH LEGS

LINEWORK AND PADWORK COMBINATIONS

- CROSS BODY LEG CHECK, TURNING KICK, HOOK KICK
- JAB, CROSS, LAYBACK, HOOK, ROUNDHOUSE KICK
- JAB, CROSS, BOB AND WEAVE, FRONT PUSH KICK
- AXE KICK, JAB, HOOK, STEP OFF CENTRE, CROSS

Testing for Yellow - Green (7th Kyu)

FITNESS TEST

- PRESS UPS X 25, SQUATS X 25, SIT-UPS X 25
- 3 MINUTES OF RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- BACKFIST, CROSS, HORIZONTAL ELBOW
- HORIZONTAL ELBOW, HORIZONTAL ELBOW, UPPERCUT
- STRAIGHT ELBOW, UPPERCUT, JAB

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 3 KICKS/KNEES:

- SIDE KNEE
- PENDULUM KICK
- STEPPING SIDE KICK
- CRESCENT KICK

DEFENSE

DEMONSTRATE HOW TO:

- HIGH ELBOW COVER OFF BOTH ARMS
- DOUBLE FOREARM BLOCK FOR HIGH KICKS
- CATCH A FRONT KICK, LIFT THE LEG

LINEWORK and PADWORK COMBINATIONS

- HIGH ELBOW COVER, JAB, CROSS, HORIZONTAL ELBOW
- CATCH A FRONT KICK, PULL THE LEG ROUND, JAB, CROSS
- CHECK LEG KICK, PUSH KICK, STEPPING SIDE KICK, CRESENT KICK
- PUSH KICK, STRAIGHT ELBOW, SIDE KNEE

3 MINUTES OF SPARRING

Testing for Green (6th Kyu)

FITNESS TEST

- PRESS UPS X 30, SQUATS X 30, SIT-UPS X 30, BURPEES X 10
- 3 MINUTES OF RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- REVERSE SPINNING BACKFIST, CROSS, HORIZONTAL ELBOW
- SUPERMAN PUNCH, UPPERCUT, HORIZONTAL ELBOW
- BODY HOOK, HEAD HOOK, STRAIGHT ELBOW

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 3 KICKS/KNEES:

- JUMPING SIDE KICK
- REVERSE SIDE KICK (**OPTIONAL; FAKE A TURNING KICK FIRST**)
- SCISSOR KICK

DEFENSE

DEMONSTRATE HOW TO:

- SLIP, PARRY, ELBOW COVER
- LAYBACK, CROSSBODY LEG CHECK, LEG CHECK
- CATCH A TURNING KICK, PULL THE LEG THROUGH
- LOW ELBOW COVER, HIGH ELBOW COVER, HIGH INWARD PARRY, LOW OUTWARD PARRY

LINEWORK AND PADWORK COMBINATIONS

- LAYBACK, JAB, CROSS, HOOK, LEG CHECK, TURNING KICK
- JUMPING SIDE KICK, JAB, STEPPING INTO A CROSS, REVERSE SPINNING BACKFIST
- HOOK, HOOK, REVERSE SIDE KICK, HIGH ELBOW COVER, HORIZONTAL ELBOW
- CRESCENT KICK, AXE KICK, SIDE KICK, REVERSE SIDE KICK

3 MINUTES OF SPARRING

Testing for Blue (5th Kyu)

FITNESS

- SQUATS X 35, PRESS-UPS X 35, SIT-UPS X 35, BURPEES X 20
- 3.5 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- HORIZONTAL ELBOW, DOWNWARD ELBOW
- SUPERMAN ELBOW, UPPERCUT, HOOK, CROSS, HORIZONTAL ELBOW
- BODY HOOK, HOOK, CROSS, SHOVEL PUNCH

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 3 KICKS/KNEES:

- KNEES IN THE CLINCH (**FRONT AND SIDE OF THE BODY**)
- FAKE TURNING KICK INTO A REVERSE HOOK KICK
- THAI STEP, TURNING KICK (**DEMONSTRATE BOTH LEGS**)
- DOUBLE COLLAR TIE TO THROW KNEES

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND KNEES IN THE CLINCH
- SWIM FOR UNDERHOOKS IN A CLINCH
- CONTROL HEAD AND ARM IN THE CLINCH

LINE WORK AND PADWORK COMBINATIONS

- ROUNDHOUSE KICK, TURNING KICK, REVERSE SIDE KICK
- DEFEND KNEES IN THE CLINCH, GAIN AN UNDERHOOK AND TRICEP CONTROL, ELBOW TO FACE, BREAK CLINCH
- THAI STEP TURNING KICK, CROSS, HORIZONTAL ELBOW, STRAIGHT ELBOW
- CROSS BODY LEG CHECK, CROSS, ROUNDHOUSE KICK, THAI STEP, SUPERMAN ELBOW

2 X 3 MINUTES OF SPARRING

Testing for Purple (4th Kyu)

FITNESS

- SQUATS X 35
- PRESS-UPS X 40
- SIT-UPS X 40
- BURPEES X 30
- 4 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- JAB, CROSS, HOOK, CROSS, ELBOW THROUGH THE HIGH GUARD
- JAB, GAZELLE BODY HOOK, SHOVEL PUNCH, HEAD HOOK
- CATCH A KICK, DOWNWARD ELBOW ON TO A CAUGHT LEG

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 3 KICKS/KNEES:

- FAKE A ROUNDHOUSE INTO A REVERSE SPINNING HEEL KICK
- FLYING KNEE
- LOW PUSH KICK TO DISTRACT INTO A HIGH PUSH KICK

DEFENSE

DEMONSTRATE HOW TO:

- LIMP LEG ESCAPE
- FROM A LEG CATCH; CONTROL THE HEAD, PUSH THE LEG FORWARD, THEN KICK THE LEG BACKWARDS AND OUT
- SPRAWL TO PREVENT A TAKEDOWN

LINE WORK AND PADWORK COMBINATIONS

- LIMP LEG ESCAPE, JAB, CROSS, HORIZONTAL ELBOW
- PUSH THE LEG FORWARD, HORIZONTAL ELBOW TO RELEASE LEG, CROSS THEN RETREAT
- THAI STEP TURNING KICK, HIGH PUSH KICK, REVERSE SPINNING HEEL KICK.
- SPRAWL, HOOK TO THE BODY, DISENGAGE OR GET UP SAFELY.

2 X 3 MINUTES OF SPARRING

Testing for Brown (3rd Kyu)

FITNESS

- SQUATS X 40
- PRESS-UPS X 40
- SIT-UPS X 40
- BURPEES X 30
- 4 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- SUPERMAN PUNCH, UPPERCUT, HORIZONTAL ELBOW
- FAKE A PUSH KICK INTO A SUPERMAN ELBOW, CROSS, JAB, HOOK, UPPERCUT, BODY HOOK
- OVERHAND PUNCH, UPPERCUT, BODY HOOK, CROSS

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH KICKS/KNEES:

- TORNADO KICK OFF BOTH LEGS

DEFENSE

DEMONSTRATE HOW TO:

- PERFORM 15 DIFFERENT DEFENCE MOVES CHOSEN FROM ANY OF THE PREVIOUS CURRICULUM

LINE WORK AND PADWORK COMBINATIONS

- TORNADO KICK, SIDE KICK, AXE KICK
- ROUNDHOUSE KICK, HOOK KICK, BACKFIST, CROSS, SUPERMAN PUNCH, HORIZONTAL ELBOW
- LEG CHECK, TURNING KICK, CROSS BODY LEG CHECK, REVERSE HOOK KICK

3 X 3 MINUTES OF SPARRING

Testing for Red (2nd Kyu)

FITNESS

- SQUATS X 40, PRESS-UPS X 40, SIT-UPS X 40, BURPEES X 40
- 4 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- GAZELLE HOOK, CROSS, HOOK, HORIZONTAL ELBOW
- SUPERMAN DOWNWARD ELBOW, DIAGONAL ELBOW, UPPERCUT, JAB
- DOUBLE JAB, CROSS, UPPER CUT, CROSS, BODY HOOK

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH KICKS/KNEES:

- QUESTION MARK KICK
- PENDULUM KICK
- CRESENT KICK

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST AN ATTACK USING ONLY DEFENSIVE TECHNIQUES FOR 2 MINUTES
- WHIZZER TO PREVENT A TAKEDOWN. USE WHIZZER TO THEN TAKE THE ATTACKER DOWNWARDS (**PRESSURE WITH FIGURE 4 LOCK**), DISENGAGE AND GET TO THE FEET

LINE WORK AND PADWORK COMBINATIONS

- QUESTION MARK KICK, SWITCH STEP, TURNING KICK, THAI STEP, PENDULUM KICK
- GAZELLE HOOK, CROSS, SWITCH STEP, TURNING KICK, KNEE TO THE BODY
- SUPERMAN ELBOW, DOUBLE COLLAR TIE, KNEE, KNEE, PUSH KICK
- REVERSE SIDE KICK, REVERSE SIDE KICK, REVERSE HOOK KICK.

3 X 3 MINUTES OF SPARRING

Testing for Red - Black (1st Kyu)

FITNESS

- SQUATS X 45, PRESS-UPS X 45, SIT-UPS X 45, BURPEES X 45
- 4 MINUTES SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE AT LEAST 15 DIFFERENT TECHNIQUES IN **3 MINUTES** OF GENTLE SHADOW SPARRING; 5 BLOCKS, 5 PUNCHES, 5 ELBOWS. **MUST INCLUDE FAKES AND FEINTS.**

KICKS & KNEES

DEMONSTRATE AT LEAST 15 DIFFERENT TECHNIQUES IN **3 MINUTES** OF GENTLE SHADOW SPARRING; 5 KICKS, 5 KNEES, 5 BLOCKS (CAN INCLUDE CATCHES AND SWEEPS) **MUST INCLUDE FAKES AND FEINTS.**

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST AN ATTACKER USING ONLY DEFENSIVE TECHNIQUES FOR 3 MINUTES
- VINGATIVA SWEEP

LINE WORK and PADWORK COMBINATIONS

WITH A PARTNER:

- CATCH THE TEEP, STEERING WHEEL SWEEP
- CATCH THE TURNING KICK, STEERING WHEEL SWEEP

4 X 3 MINUTES OF SPARRING

CONTINUAL GROWTH AS A MARTIAL ARTIST

BEFORE GRADING THE STUDENT WILL TEACH A WARMUP AND PART OF THE MAIN BODY OF A LESSON THAT THE HEAD INSTRUCTOR HAS WRITTEN FOR THEM.

THE STUDENT MUST SHOW POSITIVE COMMUNICATION SKILLS, ASPIRATIONAL LANGUAGE AND MOTIVATIONAL ABILITY FOR ALL STUDENTS. THE LESSON PLAN MUST BE DEMONSTRATED WITH CLEAR AND CONCISE INSTRUCTIONS.

Testing for 1st Dan

FITNESS

- SQUATS X 50. PRESS-UPS X 50. SIT-UPS X 50. BURPEES X 50
- 5 MINUTES SKIPPING
- 5 MINUTES OF FOOTWORK DRILLS

PUNCHES & ELBOWS

DEMONSTRATE AT LEAST 20 DIFFERENT TECHNIQUES IN 2 X 3 MINUTES OF SHADOW SPARRING, **FREESTYLE AND BAG WORK**; 6 BLOCKS, 6 PUNCHES, 6 ELBOWS, 2 SUPERMAN TECHNIQUES. **DETAIL OF THE FOOTWORK MUST BE ACCURATE AND APPROPRIATE; GUARD HAND MUST BE PAID ATTENTION TO; EVASIONS AND ANGLE CHANGES ARE EXPECTED. MUST INCLUDE FAKES AND FEINTS.**

ALL CALLS FOR TECHNIQUES MADE BY HEAD INSTRUCTOR

- PADHOLDER WILL HOLD FOR A SERIES OF 4 OR 5 COMBINATIONS FOR THE STUDENT TO FOLLOW FOR 2 X 3 MINUTES
- STUDENT WILL THEN DO THE SAME (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

KICKS & KNEES

DEMONSTRATE AT LEAST 20 DIFFERENT TECHNIQUES IN 2 X 3 MINUTES OF SHADOW SPARRING, **FREESTYLE AND BAG WORK**; 6 KICKS, 6 KNEES, 6 BLOCKS (**CAN INCLUDE CATCHES AND SWEEPS**), 2 JUMPING KICKS. **DETAIL OF THE FOOTWORK MUST BE ACCURATE AND APPROPRIATE; GUARD HAND MUST BE PAID ATTENTION TO; EVASIONS AND ANGLE CHANGES ARE EXPECTED. MUST INCLUDE FAKES AND FEINTS.**

ALL CALLS FOR TECHNIQUES MADE BY HEAD INSTRUCTOR. EXTRA ROUNDS WILL BE ADDED IF THE INSTRUCTOR NEEDS TO SEE MORE.

- PADHOLDER WILL HOLD FOR A SERIES OF 4 OR 5 COMBINATIONS FOR THE STUDENT TO FOLLOW FOR 2 X 3 MINUTES
- STUDENT WILL THEN DO THE SAME (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST 2 ATTACKERS FOR 2 X 2 MINUTES; USE DISTANCE MANAGEMENT EFFECTIVELY AND TRY TO PLACE SECOND ATTACKER 'DOWN THE CORRIDOR'.
- DEFEND TAKEDOWNS FOR 2 X 2 MINUTES MUST USE: WHIZZER, STUFFING, SPRAWLING AND DISTANCE MANAGEMENT OFF EACH SIDE OF THEIR GUARD.

4 X 3 MINUTES OF SPARRING

CONTINUAL GROWTH AS A MARTIAL ARTIST

BEFORE GRADING THE STUDENT WILL TEACH AN ENTIRE LESSON THAT THE HEAD INSTRUCTOR HAS WRITTEN FOR THEM. THE STUDENT CAN INTERPRET THE LESSON PLAN HOWEVER THEY WISH, BUT MUST TEACH WHAT IS ON THE PLAN.

THE STUDENT MUST SHOW POSITIVE COMMUNICATION SKILLS, ASPIRATIONAL LANGUAGE AND MOTIVATIONAL ABILITY FOR ALL STUDENTS. THE LESSON PLAN MUST BE DEMONSTRATED WITH CLEAR AND CONCISE INSTRUCTIONS.

OPPORTUNITIES FOR FEEDBACK MUST BE GIVEN AND CONSTANT ASSESSMENT OF RISK AND LEARNING SHOULD BE DONE THROUGHOUT THE LESSON.

AFTERWARDS THERE WILL BE A 15 MINUTE ORAL REFLECTION ON THE PLANNING, LESSON AND DELIVERY.

- STUDENTS MUST PRODUCE AT LEAST A 1 PAGE ESSAY DETAILING WHY THEY PRACTICE MARTIAL ARTS AND WHAT THEY BELIEVE BEING A BLACK BELT MEANS; IN LIFE AND IN THE DOJO.

Testing for 2nd Dan

FITNESS

4 X 3 MINUTES SPARRING AT THE END (PARTNERS WILL USE MMA GLOVES SO THAT IT ALLOWS FOR TAKEDOWNS AND TAKEDOWN DEFENSE)

- SQUATS X 50. PRESS-UPS X 50. SIT-UPS X 50. BURPEES X 50
- 6 MINUTES SKIPPING
- 6 MINUTES OF FOOTWORK DRILLS

PUNCHES & ELBOWS

- DEMONSTRATE ANY 5 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- AS A PADHOLDER, HOLD FOR ANOTHER PERSON FOR 5 TECHNIQUES (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

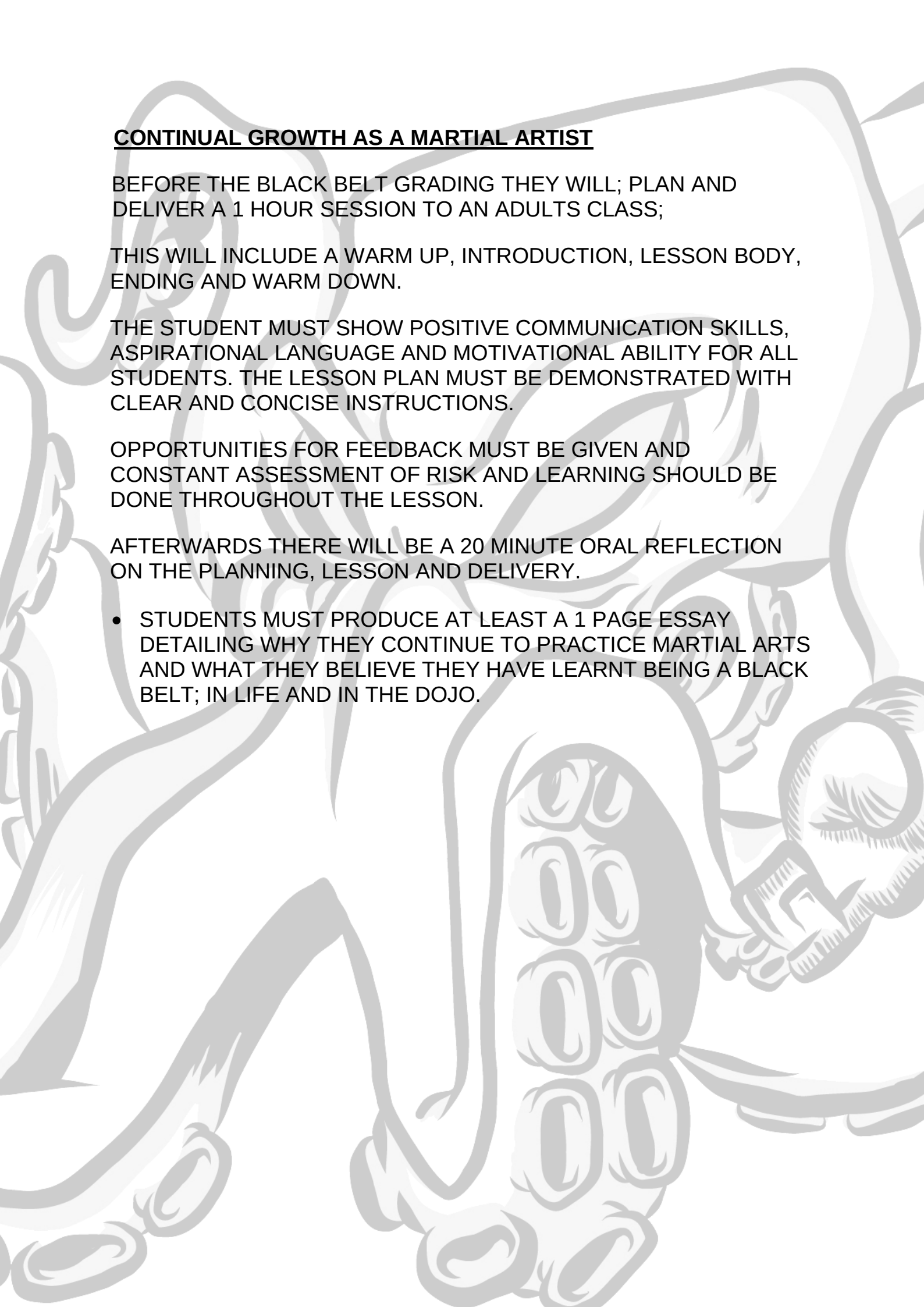
KICKS & KNEES

- DEMONSTRATE ANY 5 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- AS A PADHOLDER, HOLD FOR ANOTHER PERSON FOR 5 TECHNIQUES (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST 2 ATTACKERS FOR 2 X 3 MINUTES; USE DISTANCE MANAGEENT EFFECTIVELY AND TRY TO PLACE SECOND ATTACKER 'DOWN THE CORRIDOR'. THERE SHOULD BE NO LOSS IN COMPOSURE.



CONTINUAL GROWTH AS A MARTIAL ARTIST

BEFORE THE BLACK BELT GRADING THEY WILL; PLAN AND DELIVER A 1 HOUR SESSION TO AN ADULTS CLASS;

THIS WILL INCLUDE A WARM UP, INTRODUCTION, LESSON BODY, ENDING AND WARM DOWN.

THE STUDENT MUST SHOW POSITIVE COMMUNICATION SKILLS, ASPIRATIONAL LANGUAGE AND MOTIVATIONAL ABILITY FOR ALL STUDENTS. THE LESSON PLAN MUST BE DEMONSTRATED WITH CLEAR AND CONCISE INSTRUCTIONS.

OPPORTUNITIES FOR FEEDBACK MUST BE GIVEN AND CONSTANT ASSESSMENT OF RISK AND LEARNING SHOULD BE DONE THROUGHOUT THE LESSON.

AFTERWARDS THERE WILL BE A 20 MINUTE ORAL REFLECTION ON THE PLANNING, LESSON AND DELIVERY.

- STUDENTS MUST PRODUCE AT LEAST A 1 PAGE ESSAY DETAILING WHY THEY CONTINUE TO PRACTICE MARTIAL ARTS AND WHAT THEY BELIEVE THEY HAVE LEARNT BEING A BLACK BELT; IN LIFE AND IN THE DOJO.

Testing for 3rd Dan

FITNESS

4 X 3 MINUTES SPARRING AT THE END (PARTNERS WILL USE MMA GLOVES SO THAT IT ALLOWS FOR STAND UP AND GROUND WORK)

2 X 2 MINUTES OF 2 ON 1 SPARRING (STANDARD KICKBOXING)

- SQUATS X 50. PRESS-UPS X 50. SIT-UPS X 50. BURPEES X 50
- 6 MINUTES SKIPPING
- 6 MINUTES OF FOOTWORK DRILLS

PUNCHES & ELBOWS

- DEMONSTRATE ANY 10 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- DEMONSTRATE GROUND AND POUND TECHNIQUES: SIDE AND MOUNT
- DEMONSTRATE STRIKES FROM THE GUARD

KICKS & KNEES

- DEMONSTRATE ANY 10 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- DEMONSTRATE KICKS FROM THE GROUND AND SAFE GET UP

DEFENSE

DEMONSTRATE HOW TO:

- USE A GUARD ON THE GROUND TO MINIMISE STRIKES.
- SAFE GET UP WITH A PARTNER IN YOUR GUARD.

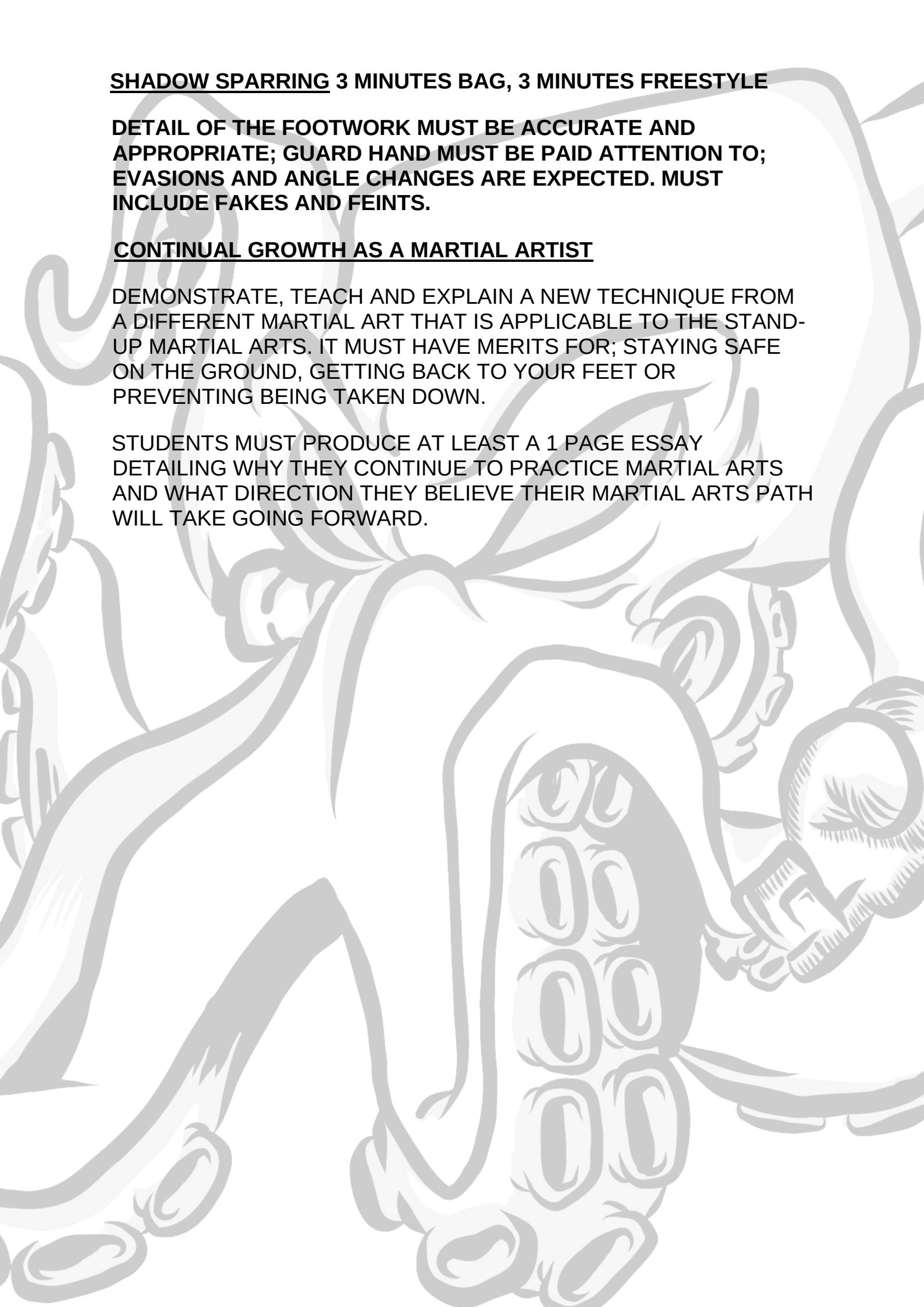
SHADOW SPARRING 3 MINUTES BAG, 3 MINUTES FREESTYLE

DETAIL OF THE FOOTWORK MUST BE ACCURATE AND APPROPRIATE; GUARD HAND MUST BE PAID ATTENTION TO; EVASIONS AND ANGLE CHANGES ARE EXPECTED. MUST INCLUDE FAKES AND FEINTS.

CONTINUAL GROWTH AS A MARTIAL ARTIST

DEMONSTRATE, TEACH AND EXPLAIN A NEW TECHNIQUE FROM A DIFFERENT MARTIAL ART THAT IS APPLICABLE TO THE STAND-UP MARTIAL ARTS. IT MUST HAVE MERITS FOR; STAYING SAFE ON THE GROUND, GETTING BACK TO YOUR FEET OR PREVENTING BEING TAKEN DOWN.

STUDENTS MUST PRODUCE AT LEAST A 1 PAGE ESSAY DETAILING WHY THEY CONTINUE TO PRACTICE MARTIAL ARTS AND WHAT DIRECTION THEY BELIEVE THEIR MARTIAL ARTS PATH WILL TAKE GOING FORWARD.



Testing for 4th Dan

FITNESS

4 X 3 MINUTES SPARRING AT THE END (PARTNERS WILL USE MMA GLOVES SO THAT IT ALLOWS FOR STAND UP AND GROUND WORK)

2 X 2 MINUTES OF 2 ON 1 SPARRING (STANDARD KICKBOXING)

- SQUATS X 50. PRESS-UPS X 50. SIT-UPS X 50. BURPEES X 50
- 6 MINUTES SKIPPING
- 6 MINUTES OF FOOTWORK DRILLS

PUNCHES & ELBOWS

- DEMONSTRATE ANY 10 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- DEMONSTRATE POSITIONAL CONTROL ON THE GROUND TO LAND PUNCHES AND ELBOWS. SIDE, MOUNT AND IN SOMEONES GUARD.

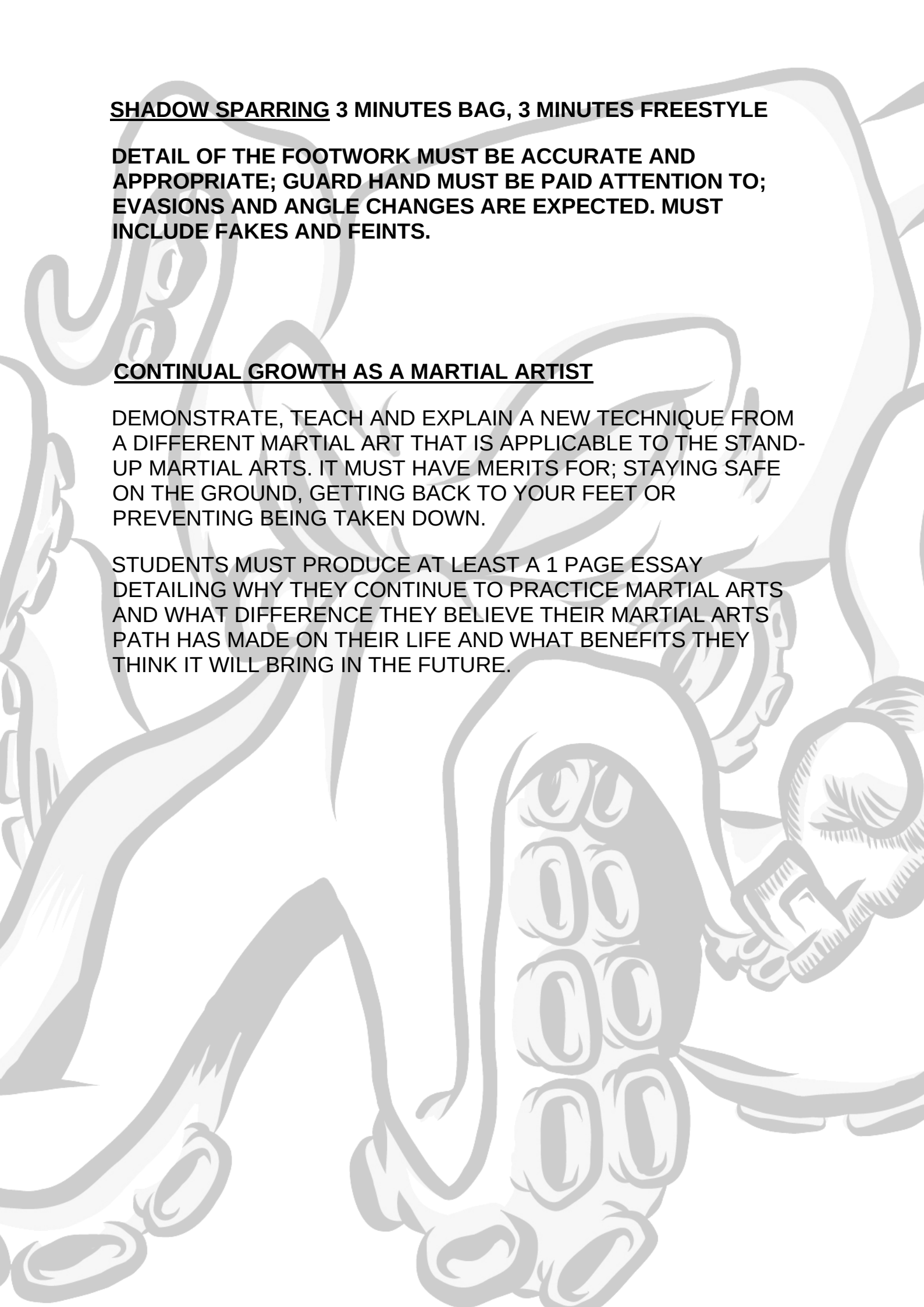
KICKS & KNEES

- DEMONSTRATE ANY 10 TECHNIQUES FROM THE ENTIRE SYLLABUS. DETAILING EXACT MECHANISMS INVOLVED. WHEN, WHERE, WHY AND HOW.
- THEN PLACED INTO A COMBINATION.
- DEMONSTRATE THESE WITH A PADHOLDER
- THROW A REVERSE KICK WITH YOUR OTHER LEG CAUGHT.

DEFENSE

DEMONSTRATE HOW TO:

- TAKE THE BACK FROM THE GROUND, IN YOUR PARTNERS GUARD, TO THEN PLACE A REAR NAKED CHOKE (RNC) SUBMISSION ON YOUR PARTNER. DISENGAGE WHEN SAFE AND GET TO THE FEET.
- TAKE THE BACK FROM THE GROUND UNDER A MOUNT TO THEN PLACE A RNC ON YOUR PARTNER, THEN REMOUNT AFTER RNC, THEN DISENGAGE.



SHADOW SPARRING 3 MINUTES BAG, 3 MINUTES FREESTYLE

DETAIL OF THE FOOTWORK MUST BE ACCURATE AND APPROPRIATE; GUARD HAND MUST BE PAID ATTENTION TO; EVASIONS AND ANGLE CHANGES ARE EXPECTED. MUST INCLUDE FAKES AND FEINTS.

CONTINUAL GROWTH AS A MARTIAL ARTIST

DEMONSTRATE, TEACH AND EXPLAIN A NEW TECHNIQUE FROM A DIFFERENT MARTIAL ART THAT IS APPLICABLE TO THE STAND-UP MARTIAL ARTS. IT MUST HAVE MERITS FOR; STAYING SAFE ON THE GROUND, GETTING BACK TO YOUR FEET OR PREVENTING BEING TAKEN DOWN.

STUDENTS MUST PRODUCE AT LEAST A 1 PAGE ESSAY DETAILING WHY THEY CONTINUE TO PRACTICE MARTIAL ARTS AND WHAT DIFFERENCE THEY BELIEVE THEIR MARTIAL ARTS PATH HAS MADE ON THEIR LIFE AND WHAT BENEFITS THEY THINK IT WILL BRING IN THE FUTURE.