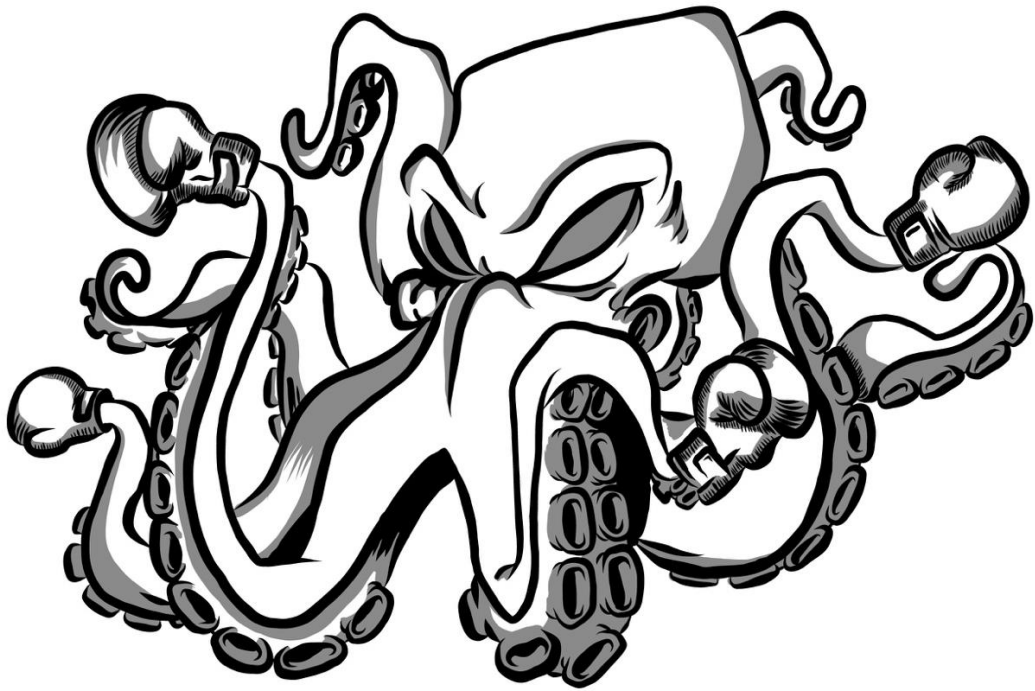


Sucker Punch Kickboxing
Curriculum: White to Black Belt
6-10 year olds



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.

Each belt will be transferred as “credits” towards an adult belt. Roughly 6-9 months of training at junior will transfer to 3 months of senior. The final say of placement from junior to senior grading will be given by the head instructor.

For example; a junior green belt (6th KYU) will be the same as an adult Yellow (8th). Or a junior black belt (1st Dan) will be the same as an adult Blue Belt (5th KYU).

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

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.

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

LINEWORK AND PADWORK COMBINATIONS

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

Yellow (8th Kyu)

FITNESS TEST

- PRESS UPS X 10
- SQUATS X 15
- SIT-UPS X 15
- 2.5 MINUTES OF RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 2 PUNCH/ELBOW COMBINATIONS:

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

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 2 KICKS/KNEES:

- STRAIGHT KNEE
- ROUNDHOUSE KICK
- HOOK KICK

DEFENSE

DEMONSTRATE HOW TO:

- LAYBACK
- CROSS BODY LEG CHECK

LINEWORK AND PADWORK COMBINATIONS

- CROSS BODY LEG CHECK, TURNING KICK, HOOK KICK
- JAB, CROSS, LAYBACK, HOOK, ROUNDHOUSE KICK
- FRONT PUSH KICK

Yellow - Green (7th Kyu)

FITNESS TEST

- PRESS UPS X 15
- SQUATS X 20
- SIT-UPS X 15
- BURPEES X 5
- 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:

- KNEE INTO THE SIDE OF THE BODY
- PENDULUM KICK
- STEPPING SIDE KICK
- CRESCENT KICK

DEFENSE

DEMONSTRATE HOW TO:

- HIGH ELBOW COVER OF 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, SWEEPING THE LEG ROUND, JAB, CROSS
- CHECK LEG KICK, PUSH KICK, STEPPING SIDE KICK, CRESENT KICK

Testing for Green (6th Kyu)

FITNESS TEST

- PRESS UPS X 20
- SQUATS X 20
- SIT-UPS X 20
- BURPEES X 5
- 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 2 KICKS/KNEES:

- JUMPING SIDE KICK
- REVERSE SIDE KICK

DEFENSE

DEMONSTRATE HOW TO:

- 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, PARRY LOW OUTWARD PARRY

LINEWORK AND PADWORK COMBINATIONS

- JUMPING SIDE KICK, REVERSE SPINNING BACKFIST
- HOOK, HOOK, REVERSE SIDE KICK, HIGH ELBOW COVER, HORIZONTAL ELBOW
- CRESCENT KICK, AXE KICK, SIDE KICK

Testing for Blue (5th Kyu)

FITNESS

- SQUATS X 20
- PRESS-UPS X 20
- SIT-UPS X 25
- BURPEES X 10
- 3 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- HORIZONTAL ELBOW, DOWNWARD ELBOW (**ONTO OPPONENT LEG**)
- SUPERMAN ELBOW, UPPERCUT, HOOK, CROSS, HORIZONTAL ELBOW
- BODY HOOK, HOOK, CROSS, SHOVEL PUNCH

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 2 KICKS/KNEES:

- HOOK KICK
- THAI STEP, TURNING KICK (**DEMONSTRATE BOTH LEGS**)
- REVERSE HOOK KICK
- DOUBLE COLLAR TIE

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND KNEES IN THE CLINCH
- SWIM FOR UNDERHOOKS IN A CLINCH
- SLIP A PUNCH, CUT AN ANGLE OFF TO THE SIDE

LINE WORK AND PADWORK COMBINATIONS

- ROUNDHOUSE KICK, TURNING KICK, REVERSE SIDE KICK
- CROSS BODY LEG CHECK, CROSS, STEPPING INTO A ROUNDHOUSE KICK
- DOUBLE COLLAR TIE, KNEE, KNEE, PUSH KICK

Testing for Purple (4th Kyu)

FITNESS

- SQUATS X 25
- PRESS-UPS X 20
- SIT-UPS X 25
- BURPEES X 10
- 3.5 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- JAB, CROSS, HOOK, CROSS
- JAB, GAZELLE BODY HOOK, SHOVEL PUNCH, HEAD HOOK
- DOWNWARD ELBOW ON TO A CAUGHT LEG

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH AT LEAST 2 KICKS/KNEES:

- REVERSE SPINNING HEEL KICK
- FLYING KNEE
- HIGH PUSH KICK

DEFENSE

DEMONSTRATE HOW TO:

- LIMP LEG ESCAPE
- SPRAWL TO PREVENT A TAKEDOWN

LINE WORK AND PADWORK COMBINATIONS

- LIMP LEG ESCAPE, JAB, CROSS, HORIZONTAL ELBOW
- THAI STEP, TURNING KICK, HIGH PUSH KICK, REVERSE SPINNING HEEL KICK
- SPRAWL, HOOK TO THE BODY, GET UP SAFELY

Testing for Brown (3rd Kyu)

FITNESS

- SQUATS X 25
- PRESS-UPS X 25
- SIT-UPS X 25
- BURPEES X 15
- 3.5 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 3 PUNCH/ELBOW COMBINATIONS:

- SUPERMAN PUNCH, HORIZONTAL ELBOW
- SUPERMAN ELBOW, HOOK, UPPERCUT, BODY HOOK
- OVERHAND PUNCH, UPPERCUT, BODY HOOK

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH KICKS/KNEES:

- TORNADO KICK OFF ONE LEG

DEFENSE

DEMONSTRATE HOW TO:

- PERFORM 10 DIFFERENT DEFENCE MOVES CHOSEN BY THE INSTRUCTOR FROM ANY OF THE PREVIOUS CURRICULUM
- STUFF A TAKEDOWN

LINE WORK AND PADWORK COMBINATIONS

- TORNADO KICK, SIDE KICK, AXE KICK
- ROUNDHOUSE KICK, HOOK KICK,
- LEG CHECK, TURNING KICK, CROSS BODY LEG CHECK, REVRSE HOOK KICK

Testing for Red (2nd Kyu)

FITNESS

- SQUATS X 25
- PRESS-UPS X 25
- SIT-UPS X 25
- BURPEES X 20
- 4 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

DEMONSTRATE 2 PUNCH/ELBOW COMBINATIONS:

- GAZELLE HOOK, CROSS, HOOK, HORIZONTAL ELBOW
- DOUBLE JAB, CROSS, UPPER CUT, BODY HOOK

KICKS & KNEES

DEMONSTRATE COMPETENCE WITH KICKS/KNEES:

- QUESTION MARK KICK
- PENDULLUM KICK

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST AN ATTACK USING ONLY DEFENSIVE TECHNIQUES FOR 1 MINUTES
- VINGATIVA SWEEP

LINE WORK AND PADWORK COMBINATIONS

- QUESTION MARK KICK, SWITCH STEP, TURNING KICK
- GAZELLE HOOK, CROSS, THAI STEP, TURNING KICK
- SUPERMAN DOWNWARD ELBOW, KNEE, KNEE, PUSH KICK
- REVERSE SIDE KICK, REVERSE SIDE KICK

Testing for Red - Black (1st Kyu)

FITNESS

- SQUATS X 25
- PRESS-UPS X 25
- SIT-UPS X 25
- BURPEES X 25
- 4 MINUTES RUNNING OR SKIPPING

PUNCHES & ELBOWS

- DEMONSTRATE AT LEAST 12 DIFFERENT TECHNIQUES IN 4 MINUTES OF GENTLE SHADOW SPARRING; 4 BLOCKS, 4 PUNCHES, 4 ELBOWS. NAME 10 OF TECHNIQUES USED AFTERWARDS

KICKS & KNEES

- DEMONSTRATE AT LEAST 12 DIFFERENT TECHNIQUES IN 4 MINUTES OF GENTLE SHADOW SPARRING; 4 KICKS, 4 KNEES, 4 BLOCKS (**CAN INCLUDE CATCHES AND SWEEPS**). NAME 10 OF TECHNIQUES USED AFTERWARDS

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST AN ATTACKER USING ONLY DEFENSIVE TECHNIQUES FOR 2 MINUTES

LINE WORK AND PADWORK COMBINATIONS

WITH A PARTNER:

- CATCH THE FRONT KICK, STEERING WHEEL SWEEP
- DEMONSTRATE ANY OF THE COMBINATIONS FROM THE CURRICULLUM UNTIL THE LEAD INSTRUCTOR IS SATISFIED OF COMPETENCE.
- HOLD PADS FOR ANOTHER PERSON AND CALL OUT COMBINATIONS OF 4 TECHNIQUES AT A TIME.
DEMONSTRATE AN ABILITY TO HOLD PADS FOR OTHER PEOPLE, SHOWING THE ABILITY TO HELP OTHERS EFFECTIVELY.

Testing for 1st Dan

FITNESS

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

PUNCHES & ELBOWS

DEMONSTRATE AT LEAST 15 DIFFERENT TECHNIQUES FROM ACROSS THE WHOLE SYLLABUS IN 4 MINUTES OF GENTLE SHADOW SPARRING; 5 BLOCKS, 5 PUNCHES, 5 ELBOWS.

2 X 3 MINUTES OF SHADOW SPARRING, **FREESTYLE AND BAG WORK**

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

- LEAD INSTRUCTOR WILL CALL OUT A SERIES OF COMBINATIONS OF 4 FOR THE STUDENT TO FOLLOW.
- STUDENT WILL THEN DO THE SAME (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

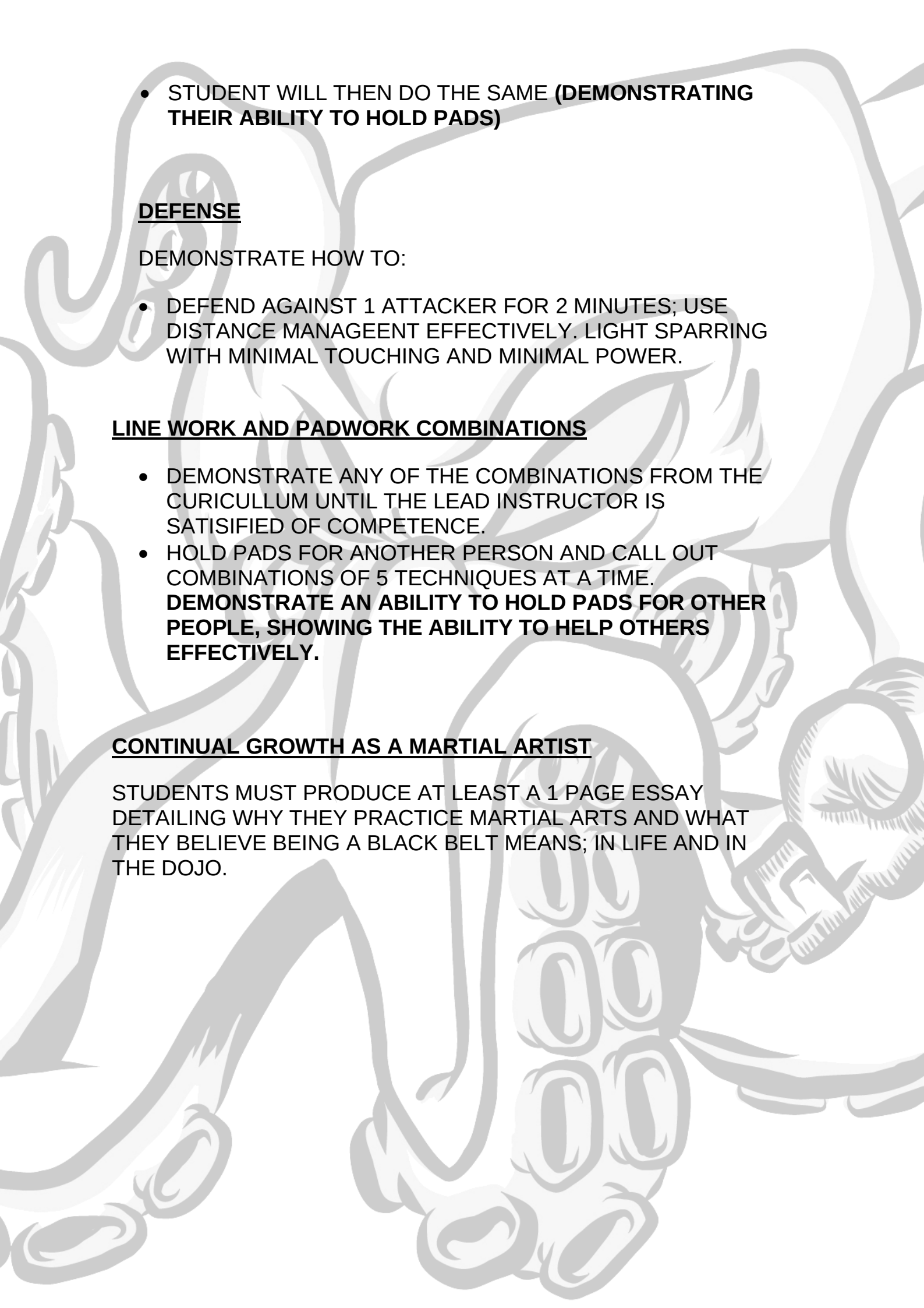
KICKS & KNEES

DEMONSTRATE AT LEAST 15 DIFFERENT TECHNIQUES FROM ACROSS THE WHOLE SYLLABUS IN 4 MINUTES OF GENTLE SHADOW SPARRING; 5 KICKS, 5 KNEES, 5 BLOCKS

2 X 3 MINUTES OF SHADOW SPARRING, **FREESTYLE AND BAG WORK**

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

- LEAD INSTRUCTOR WILL CALL OUT A SERIES OF COMBINATIONS OF 4 FOR THE STUDENT TO FOLLOW

- 
- STUDENT WILL THEN DO THE SAME (**DEMONSTRATING THEIR ABILITY TO HOLD PADS**)

DEFENSE

DEMONSTRATE HOW TO:

- DEFEND AGAINST 1 ATTACKER FOR 2 MINUTES; USE DISTANCE MANAGEMENT EFFECTIVELY. LIGHT SPARRING WITH MINIMAL TOUCHING AND MINIMAL POWER.

LINE WORK AND PADWORK COMBINATIONS

- DEMONSTRATE ANY OF THE COMBINATIONS FROM THE CURRICULLUM UNTIL THE LEAD INSTRUCTOR IS SATISFIED OF COMPETENCE.
- HOLD PADS FOR ANOTHER PERSON AND CALL OUT COMBINATIONS OF 5 TECHNIQUES AT A TIME.
DEMONSTRATE AN ABILITY TO HOLD PADS FOR OTHER PEOPLE, SHOWING THE ABILITY TO HELP OTHERS EFFECTIVELY.

CONTINUAL GROWTH AS A MARTIAL ARTIST

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.