

# **Red Belt 1st grading**

## **Stance**

- Left Stance
- Right Stance

## **Arm Techniques**

- Jab
- Cross
- Left Hook
- Right Hook

## **Leg Techniques**

- Front Snap Kick
- Rear Leg Round House Kick

## **Defence Work (Illustrated with a partner)**

- Parry (Both arms)
- Slip Evasion

## **Combination Work (Performed on pads)**

- Jab > Cross > Rear Leg Round House
- Jab > Cross > Left Hook > Rear Leg Round House
- Left Snap Kick > Jab > Cross > Rear Leg Round House

## **Drills**

- Punch out drill 3 x 1 minute rounds with 30 seconds rest
- Kicking drill 3 x 45 second rounds with 30 seconds rest

## **Fitness Test**

- 10 Push Ups (Girls can perform these off their knees)
- 40 Sit Ups
- 30 Squat Kicks

# **Yellow Belt 2nd Grading**

Assessment begins with covering the Red belt syllabus techniques.

## **Stance**

- Moving Forward and Backwards

## **Arm Techniques**

- Uppercut Both Arms (Short)
- Uppercut Both Arms (Long)

## **Leg Techniques**

- Side Kick
- Front Push Kick
- Turning Back Kick
- Foot Sweep

## **Defence work (illustrated with a partner)**

- Side Step Evasion
- Inside Knee Block

## **Sparring**

- Controlled one step sparring illustrating offensive and defensive named techniques

## **Pad work**

- Jab > Right Uppercut > Left Hook > Right Cross
- Left Side Kick > Right Cross > Long Left Hook > Right Round House.
- Right Cross > Left Hook > Right Round House

## **Drills**

- Punch out drill 3 x 1 minute rounds with 30 seconds rest
- Kicking drill 3 x 1 minute rounds with 30 seconds rest
- Squat Kick drill 2 x 1 minute rounds with 30 seconds rest

## **Fitness test**

- 15 Push Ups
- 50 Sit Ups
- 40 Squat Kicks

# **Orange Belt 3rd Grading**

Assessment begins with covering Red & Yellow syllabus techniques

## **Stance**

- Ability to move forward, backwards, left and right
- Ability to switch stance
- Ability to Jab whilst moving

## **Leg Techniques**

- Jump Scissor Front Kick
- Straight Leg Spinning Round House Kick
- Hook Kick (Both legs)
- Axe Kick (Both legs)

## **Defence (Illustrated with a partner)**

- Rolling Evasion
- Pressing Block
- Elbow Blocks

## **Combination**

- Jab > Cross > Jab > Cross > Slip > Right Round House
- Left Side Kick > Right Hook Kick > Right Round House
- Left Hook > Roll (with hook) > Left hook > Right Side Kick

## **Sparring**

- 1 & 2 Step sparring against named attacks, Illustrating basic offensive and defensive skills.
- Counter Sparring, Illustrating the ability to deliver a named counter attack against a named attack.

## **Padwork**

3 x 1.5 minute rounds with 30 seconds rest using:

- Jab > cross > left hook > right cross
- Double left roundhouse > double right roundhouse

## **Drills**

- Punch out drill 3 x 1.5 minute rounds with 30 seconds rest
- Kicking drill 3 x 1.5 minute rounds with 30 seconds rest
- Squat Kick drill 2 x 1.5 minute rounds with 30 seconds rest

## **Fitness test**

- 20 Push Ups
- 60 Sit Ups
- 50 Squat Kicks

# **Green Belt 4th Grading**

Assessment begins with covering Red, Yellow & Orange syllabus techniques

## **Stance**

- Ability to move in all directions
- Throwing basic named combinations whilst moving

## **Arm Techniques**

- Slipping Jab
- Back Fist
- Turning Back Fist
- Over Arm Cross

## **Leg Techniques**

- Jumping Round House Kick
- Jumping Front Kick
- Ball of Foot Front Kick
- Spinning Hook Kick

## **Defence**

- Over Arm Block (from Axe Kick)
- Tap down with Counter Strike

## **Combinations**

- Lead Leg low Round House > High Lead Leg Round House > Straight Leg Spinning Round House (Rear)
- Jab > Cross > Left Hook > Spinning Hook Kick > Left Side Kick
- Right Uppercut > Left Hook > Overhand Right > Right Round House (Land in Right Stance) Turning Back Kick.

## **Sparring**

Continuous light sparring for 3 x 45 second rounds.

## **Drills**

- Punch out drill 3 x 1.5 minute rounds with 30 seconds rest
- Kicking drill 3 x 1.5 minute rounds with 30 seconds rest
- Squat Kick drill 2 x 1.5 minute rounds with 30 seconds rest

## **Fitness test**

- 25 Push Ups
- 70 Sit Ups
- 60 Squat Kicks

## **Purple Belt 5th Grading**

Assessment begins with covering Red, Yellow, Orange & Green belt techniques.

### **Stance**

- Shadow Boxing, Illustrating ability to move and turn in all directions whilst delivering punches and kicks.

### **Arm Techniques**

- Stepping Cross
- Sliding Cross
- Jumping Cross
- Spinning Back Fist

### **Leg Techniques (Performed onto pads)**

- Turning Jumping Back Kick
- Turning Side Kick
- Low Point Round House Kick (Thai Kick to thigh)
- Jumping Spinning Round House Kick (Tornado Kick)

### **Defence (Illustrated with a partner)**

- Long Guard (Thai Guard)
- Double Forearm Block
- Over Arm Hook Deflection

### **Combinations**

- 5 x 1 minute rounds of a mixture of combinations taken from previous grades.

### **Sparring**

- 3 x 1.5 minute rounds of semi contact sparring

### **Drills**

- Punch out drill 3 x 2 minute rounds with 30 seconds rest
- Kicking drill 3 x 2 minute rounds with 30 seconds rest
- Squat Kick drill 3 x 2 minute rounds with 30 seconds rest

### **Fitness test**

- 30 Push Ups
- 80 Sit Ups
- 70 Squat Kicks

# **Blue Belt 6th Grading**

Assessment begins with covering Red, Yellow, Orange, Green & Purple belt techniques

## **Stance**

- 2 rounds of advanced shadow sparring

## **Arm Techniques**

- Elbow strikes :

1. Upward
2. Hooking
3. Over the top

## **Leg Techniques**

- Front Knee
- Jumping Spinning Side Kick
- Jumping Spinning Hook Kick
- Jumping Knee

## **Defence**

- Clinch Work
- Restrain an attacker
- Overwhelming defence

## **Combinations**

- Jab > Cross > Slip > Right Cross > Left Hook > Right Uppercut > Left Uppercut
- Left Side Kick > Turning Back Kick(Rear Leg) > Jumping Front Kick
- 3 x random combinations assigned on the day

## **Sparring**

- 3 x 2 minute rounds of semi contact sparring

## **Drills**

- Punching and kicking drills will be assigned on the day

## **Fitness test**

- 60 Push Ups
- 120 Sit Ups
- 80 Squat Kicks

## **Brown Belt 7th Grading**

Assessment begins with covering Red, Yellow, Orange, Green, Purple & Blue belt techniques.

The student must illustrate the ability to coach both basic and advanced techniques presented by the examiner.

The student must be able to recall all moves from the syllabus upon request.

The student must be able to produce and demonstrate both basic and advanced combinations.

### **Leg Techniques**

- Double Jumping Front Kick
- Double Jumping Side Kick

### **Pad work**

- 4 x 2 minute of boxing drills assigned by the examiner.
- 3 x 2 minute rounds of kicking drills assigned by the examiner

### **Sparring**

- 3 x 2 minute rounds of semi contact sparring
- 2 x 1 minute rounds coaching a novice on the basics of sparring .

### **Grappling & ground techniques**

- 2 x chokes
- 2 x arm locks
- 2 x throws
- Defence against multiple attacker using both Grappling and striking techniques

### **Fitness test**

- 100 push ups in 5 minutes
- 250 sit ups
- 80 squat kicks

## **Black Belt 8th Grading 1st Dan**

Assessment begins with covering Red, Yellow, Orange, Green, Purple, Blue & brown belt techniques. The student must illustrate the following before being considered for a black belt grading under RCUK.

- 1 Years assistant coaching under the supervision of an RCUK Black Belt
- Competed in at least 3 semi contact fights
- First Aid trained
- Completed student evaluation form
- Completed Black Belt Examination
  
- Assessment of coaching skills to a group of novice Kickboxers.
- Assessment of advanced coaching skills.
- Ability to illustrate pressure point manipulation of at least 3 separate areas.
  
- 3 x 2 minute rounds of pad work (combinations provided on the day)
- 5 x 2 minute rounds of sparring (Semi contact)
- 2 x 1.5 minute rounds of sparring (Full contact)
- 5 rounds of drills assigned by the instructor on the day.

### **Fitness test**

- 150 push ups in five minutes
- 600 crunches in 8 minutes
- 200 squat kicks in 5 minutes