

## BASICS:

1. Slide Forward, Slide Back, Slide Left, Slide Right
2. Change Legs / Turn
3. Counter Front Punch
4. Counter Front Punch, Reverse Punch, Front Punch
5. Slide in Front Punch, Slide Back
6. Slide in Front Punch, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

Face Technique 1  
Front Kick Technique 1  
Roundhouse Technique 1

## COMBINATIONS:

1. Front Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Roundhouse Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
3. Counter Front Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
4. Counter Roundhouse Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
5. Skip in Front Kick, Skip Back, Front Punch, Reverse Punch, Front Punch
6. Skip in Roundhouse Kick, Skip Back, Front Punch, Reverse Punch, Front Punch

## PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting

## BASICS:

1. Side Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Counter Side Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
3. Skip in Side Kick, Skip Back, Front Punch, Reverse Punch, Front Punch
4. Double Roundhouse Kick, Leg Behind
5. Skip in Double Roundhouse Kick, Skip Back
6. Front Kick, Leg Behind, Counter Roundhouse Kick, Reverse Punch, Front Punch

## PAIR TECHNIQUES:

Face Techniques 1 - 2  
Front Kick Techniques 1 - 2  
Roundhouse Techniques 1 - 2

## COMBINATIONS:

1. Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Skip in Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
4. Skip in Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
5. Skip in Double Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
6. Front Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting

## BASICS:

1. Slide in Back Fist, Slide Back
2. Step Back Fist (front hand), Step Reverse Punch, Front Punch, Slide Back
3. Slide in Side Slip Punch, Slide Back
4. Slide in Side Slip Punch, Reverse Punch, Front Punch, Slide Back
5. Slide in Side Slip Back Fist, Slide Back
6. Slide in Side Slip Back Fist, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

Face Techniques 1 - 3  
Front Kick Techniques 1 - 3  
Roundhouse Techniques 1 - 3

## COMBINATIONS:

1. Counter Back Fist, Skip in Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
4. Skip Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
5. Front Kick, Side Slip Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
6. Front Kick, Roundhouse Kick, Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting

## BASICS:

1. Hook Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Skip in Hook Kick, Skip Back, Front Punch, Reverse Punch, Front Punch
3. Front Punch, Spinning Back Fist, Reverse Punch, Front Punch, Slide Back
4. Switch Punch, Slide Back
5. Switch Punch, Reverse Punch, Front Punch, Slide Back
6. Spinning Side Kick, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

Face Techniques 1 - 4  
Front Kick Techniques 1 - 4  
Roundhouse Techniques 1 - 4

## COMBINATIONS:

1. Roundhouse Kick, Side Kick, Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Skip Side Kick, Hook Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Skip Hook Kick, Double Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
4. Switch Punch, Reverse Punch, Roundhouse Kick, Leg in Front, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
5. Counter Back Fist, Spinning Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
6. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting

## BASICS:

1. Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Roundhouse Kick, Skip in Hook Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
4. Spinning Hook Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

- Face Techniques 1 - 5  
Front Kick Techniques 1 - 5  
Roundhouse Techniques 1 - 5

## COMBINATIONS:

1. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Side Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Skip in Double Side Kick, Spin Double Side Kick, Reverse Punch, Front Punch, Slide Back
4. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide back

## PAD WORK / TEACHING:

- All combinations need to be padded as part of your grading  
  
Free Padding / Form Fighting / Light Contact Sparring

## BASICS:

1. Back Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
4. Jumping Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

- Face Techniques 1 - 6  
Front Kick Techniques 1 - 6  
Roundhouse Techniques 1 - 6

## COMBINATIONS:

1. Counter Back Fist, Spinning Back Fist, Reverse Punch, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick (body), Roundhouse Kick (head), Reverse Punch, Front Punch, Slide Back
4. Jumping Front Kick, Back Kick, Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

- All combinations need to be padded as part of your grading  
  
Free Padding / Form Fighting / Light Contact Sparring

## BASICS:

1. Roundhouse Kick, Step in Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Counter Hook Kick, Roundhouse Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

- Face Techniques 1 - 7  
Front Kick Techniques 1 - 7  
Roundhouse Techniques 1 - 7

## COMBINATIONS:

1. Roundhouse Kick, Side Kick, Hook Kick, Reverse Punch, Roundhouse Kick, Back Kick, Step in Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Side Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Double Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Skip in Side Kick, Spinning Hook Kick, Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

- All combinations need to be padded as part of your grading  
  
Free Padding / Form Fighting / Light Contact Sparring

## BASICS:

1. Counter Hook Kick, Axe Kick, Spinning Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Outer Crescent Kick, Axe Kick, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
3. Axe Kick, Side Kick, Leg in Front, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

## PAIR TECHNIQUES:

- Face Techniques 1 - 8  
Front Kick Techniques 1 - 8  
Roundhouse Techniques 1 - 8

## COMBINATIONS:

1. Front Kick, Side Kick, Back Kick, Roundhouse Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Jumping Front Kick, Back Kick, Spinning Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back
3. Counter Hook Kick, Axe Kick, Jump Spinning Crescent Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

## PAD WORK / TEACHING:

- All combinations need to be padded as part of your grading  
  
Free Padding / Form Fighting / Light Contact Sparring  
Assist Teaching Beginners & Intermediate Classes

## 1<sup>st</sup> Dan - Shodan

All Techniques in every previous grade of the syllabus must be studied in preparation for this grading and must be performed on demand and without hesitation.

### PAIR TECHNIQUES:

All Previous Pair Techniques  
Pre-Arranged Sparring Techniques 1 - 5

### COMBINATIONS:

1. Roundhouse Kick, Step in Jumping Spinning Hook Kick (Continuously)
2. Spinning Hook Kick, Reverse Punch, Spinning Hook Kick, Reverse Punch, Jump Spinning Hook Kick, Leg Behind
3. Skip Side Kick, Hook Kick, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

### PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting / Light Contact Sparring

Assist Teaching Beginners & Intermediate Classes

## 2<sup>nd</sup> Dan - Nidan

- Must be proficient in the application and technical understanding of all techniques in every previous grade of the syllabus.
- Must be able to demonstrate and explain the ethos of Meiji Kickboxing.

### PAIR TECHNIQUES:

All Previous Pair Techniques  
Pre-Arranged Sparring Techniques 1 - 10

### COMBINATIONS:

1. Roundhouse Kick, Jump Spinning Roundhouse Kick (Continuously)
2. Counter Side Kick, Hook Kick, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Jump Spinning Hook Kick, Leg Behind

### PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting / Light Contact Sparring

Must satisfy the examiner's requirements as to his/her high standard of teaching and must have taught classes.

## 3<sup>rd</sup> Dan - Sandan

Must have contributed to the growth of the club and the Meiji system.

### PAIR TECHNIQUES:

All Previous Pair Techniques  
Pre-Arranged Sparring Techniques 1 - 15

### COMBINATIONS:

1. Counter Hook Kick, Axe Kick, Jump Spinning Crescent Kick (Continuously)
2. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Skip Side Kick, Spinning Hook Kick, Roundhouse Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

### PAD WORK / TEACHING:

All combinations need to be padded as part of your grading

Free Padding / Form Fighting / Light Contact Sparring

Must satisfy the examiner's requirements as to his/her high standard of teaching and must have taught classes.

Coaching and mentoring Junior instructor - contribute to the development of a Junior instructor

## 4<sup>th</sup> Dan - Yodan

- Candidates for Yodan will be on recommendation only.
- Must satisfy the examiner's requirements as to his/her high standard of teaching and have taught classes for a minimum of 3 years.

## 5<sup>th</sup> Dan - Godan

- Candidates for Godan will be on recommendation only.

