

# ★★★ Children Belt Grading ★★★

YELLOW/WHITE Belt

## Gold Star ★

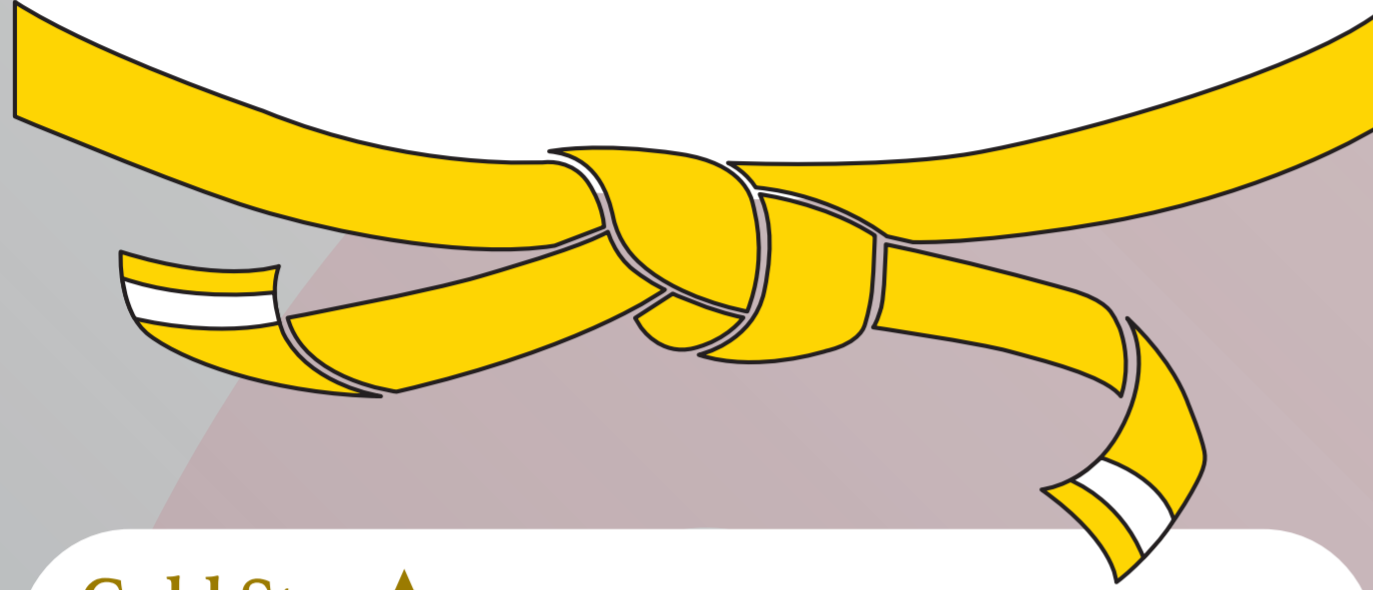
1. Movement (Slide Forward, Back, Left, Right)
2. Change Legs
3. Turn
4. Duck / Jump

## Red Star ★

1. Counter Front Punch
2. Counter Front Punch, Reverse Punch, Front Punch
3. Front Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
4. Roundhouse Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch

## Black Star ★

20 Straight Punches | 20 Push ups | Free Padding with Sensei



YELLOW Belt

## Gold Star ★

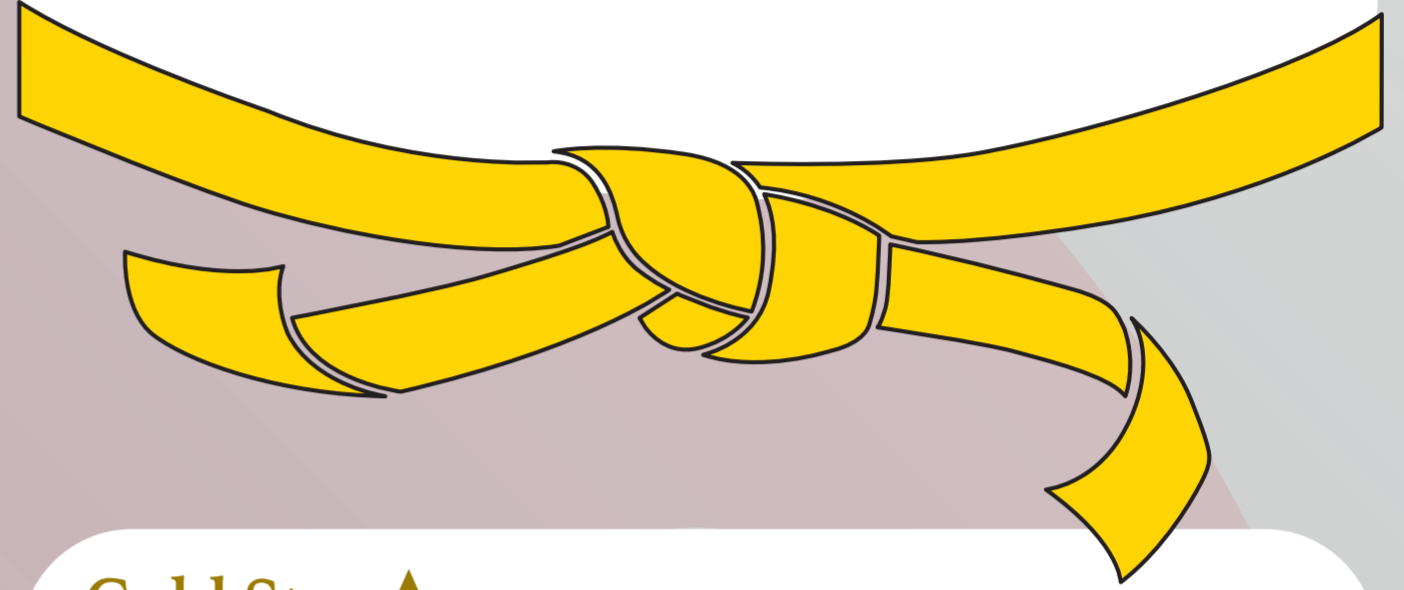
1. Slide in Front Punch, Slide Back
2. Slide in Front Punch, Reverse Punch, Front Punch, Slide Back
3. Step in Front Punch, Step Back
4. Step in Front Punch, Reverse Punch, Front Punch, Step Back

## Red Star ★

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

## Black Star ★

20 Star Jumps | 20 Push ups | Free Padding with Sensei



ORANGE/WHITE Belt

## Gold Star ★

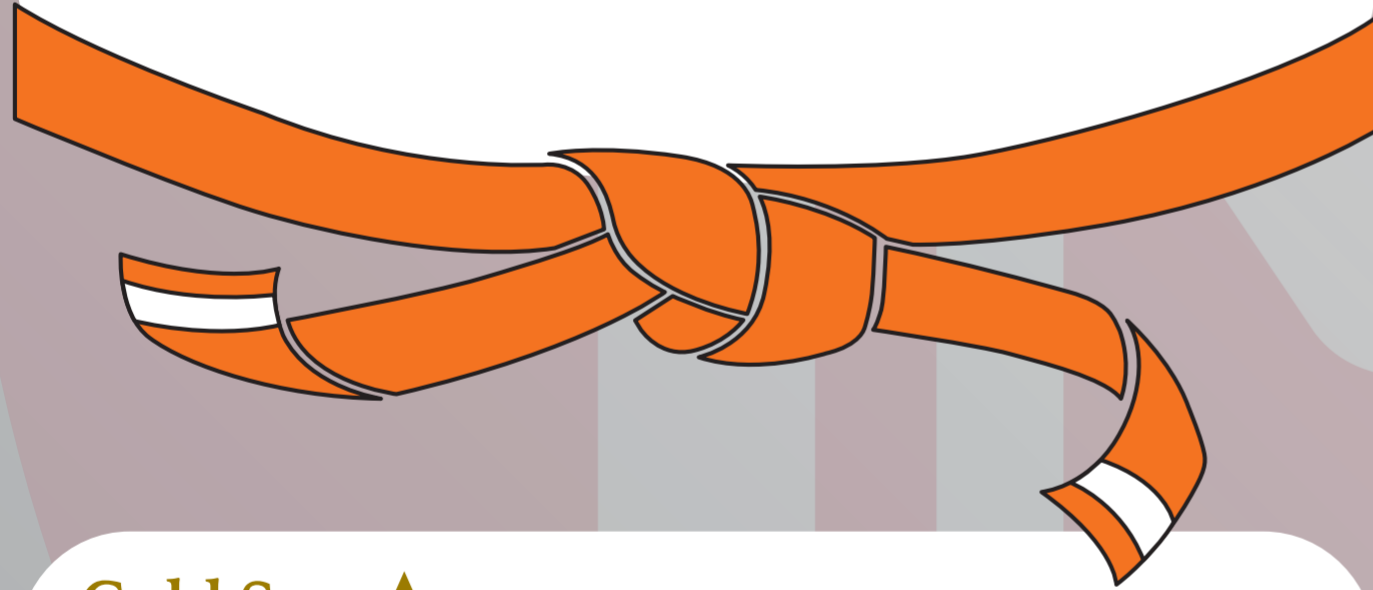
1. Side Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Double Roundhouse Kick, Leg Behind
3. Skip in Double Roundhouse Kick, Skip Back
4. Front Punch, Counter Roundhouse Kick, Reverse Punch, Front Punch

## Red Star ★

1. Front Kick, Leg in Front, Reverse Punch, Front Punch, Step 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, Step Back
4. Skip in Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## Black Star ★

20 Mountain Climbers | 20 Push ups | Free Padding with Sensei



ORANGE Belt

## Gold Star ★

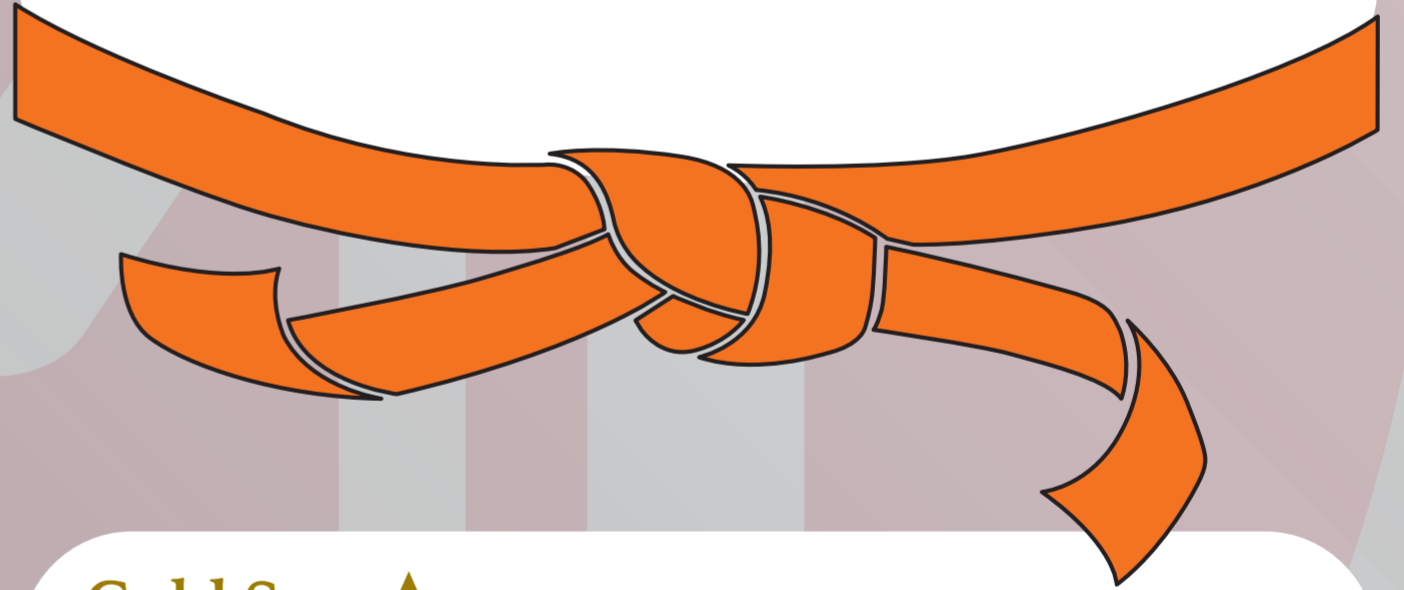
1. Front Punch, Reverse Punch, Roundhouse Kick, Leg Behind
2. Double Side Kick, Leg Behind
3. Skip in Double Side Kick, Skip Back
4. Front Kick, Leg Behind, Counter Roundhouse Kick, Reverse Punch, Front Punch

## Red Star ★

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

## Black Star ★

20 Sit ups | 20 Push ups | Free Padding with Sensei



RED/WHITE Belt

## Gold Star ★

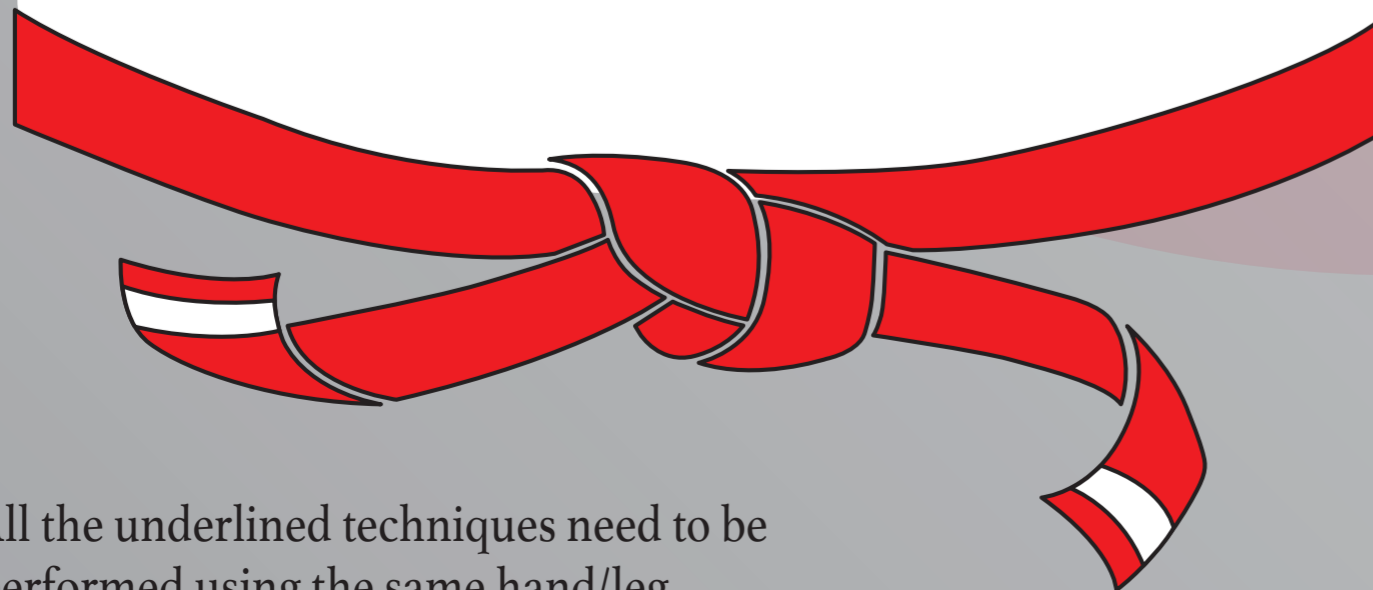
1. Counter Back Fist
1. Counter Back Fist, Reverse Punch, Front Punch
3. Reverse Punch, Counter Back Fist, Reverse Punch, Front Punch

## Red Star ★

1. Counter Back Fist, Skip in Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
2. Skip in Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Skip in Side Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back

## Black Star ★

20 Hopping Roundhouse Kicks | 2 x 20 Push ups | Free Padding with Sensei



RED Belt

## Gold Star ★

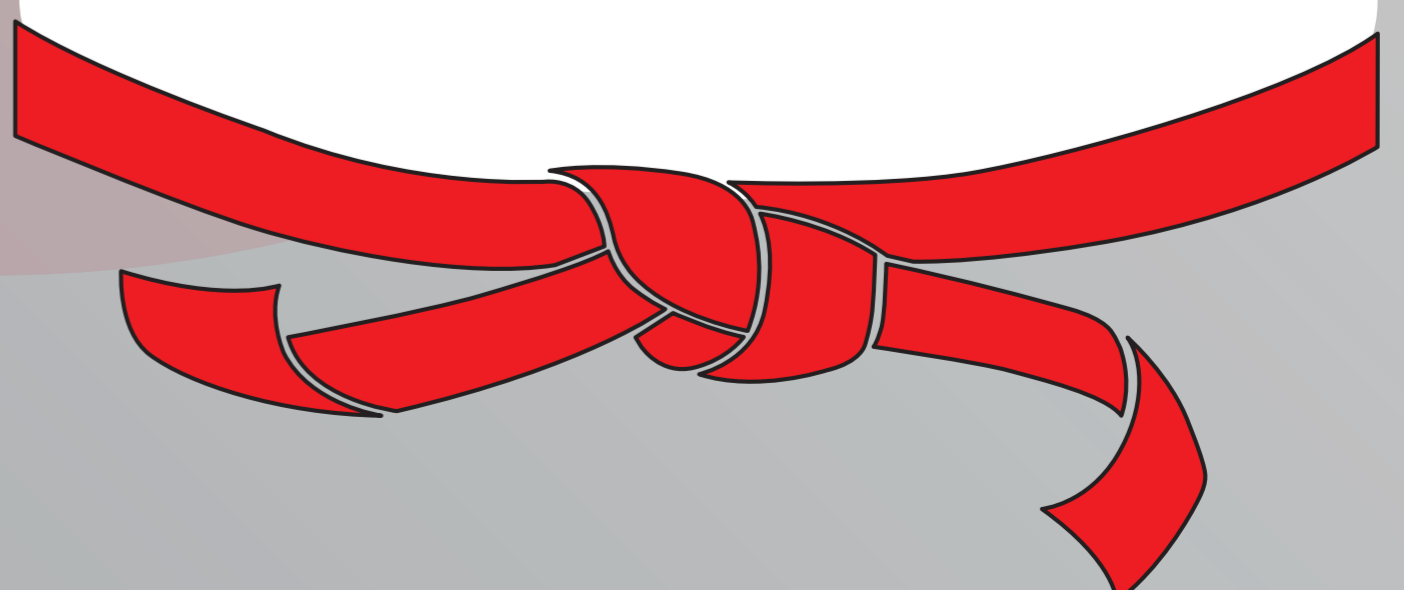
1. Slide in Back Fist, Slide Back
2. Slide in Back Fist, Reverse Punch, Front Punch, Slide Back
3. Reverse Punch, Step in Back Fist, Reverse Punch, Front Punch, Step Back

## Red Star ★

1. Front Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
2. Reverse Punch, Counter Back Fist, Skip in Side Kick, Reverse Punch, Front Punch, Slide Back
3. Reverse Punch, Step in Back Fist, Reverse Punch, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## Black Star ★

20 Hopping Side Kicks | 2 x 20 Push ups | Free Padding with Sensei



\*\* All the underlined techniques need to be performed using the same hand/leg

# ★★★ Children Belt Grading ★★★

GREEN/WHITE Belt

## Gold Star ★

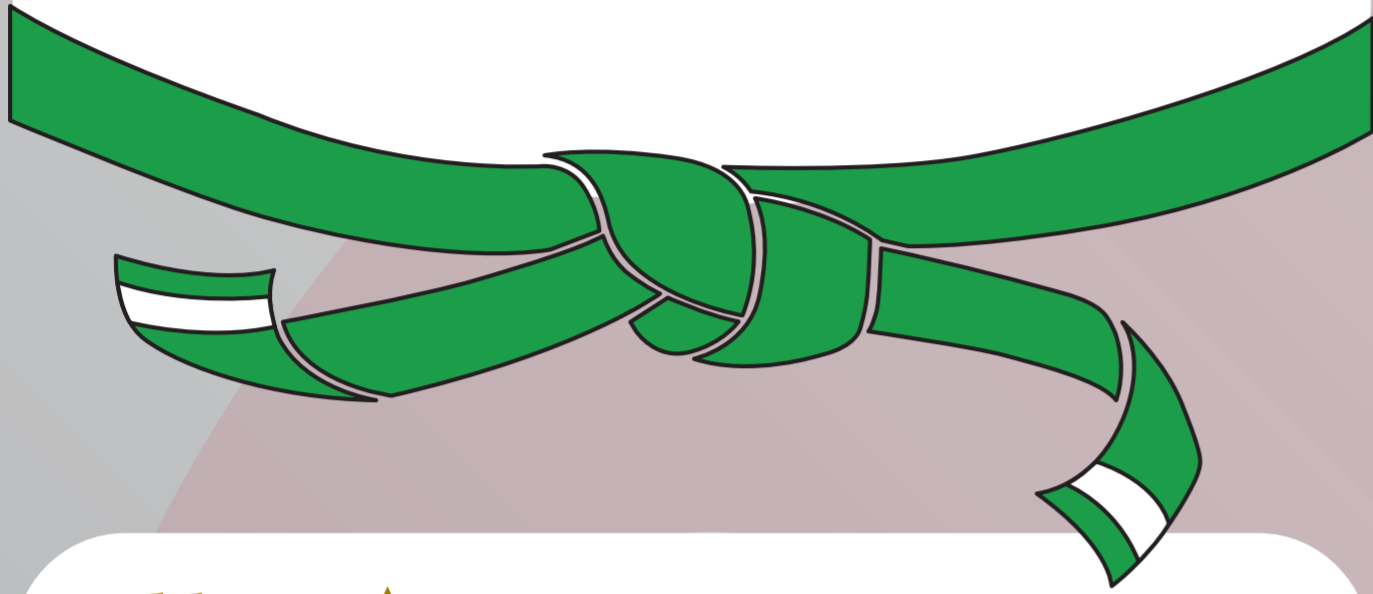
1. Hook Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Skip in Hook Kick, Skip Back, Front Punch, Reverse Punch, Front Punch
3. Hook Kick, Leg in Front, Reverse Punch, Front Punch, Step Back

## Red Star ★

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

## Black Star ★

20 Hopping Hook Kicks | 3 x 20 Push ups | Free Padding with Sensei



GREEN Belt

## Gold Star ★

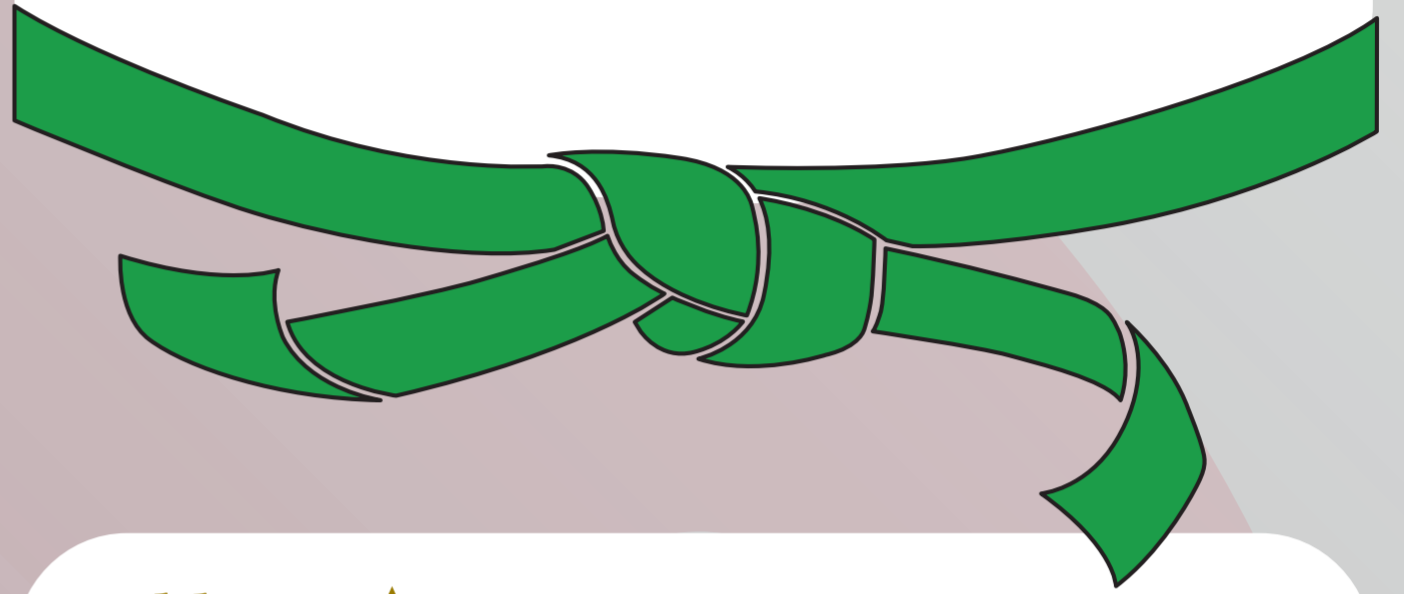
1. Spinning Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Switch Punch (without moving)
3. Switch Punch, Reverse Punch, Front Punch, Slide Back

## Red Star ★

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

## Black Star ★

3 x 20 Sit ups | 3 x 20 Push ups | Free Padding with Sensei



PURPLE Belt

## Gold Star ★

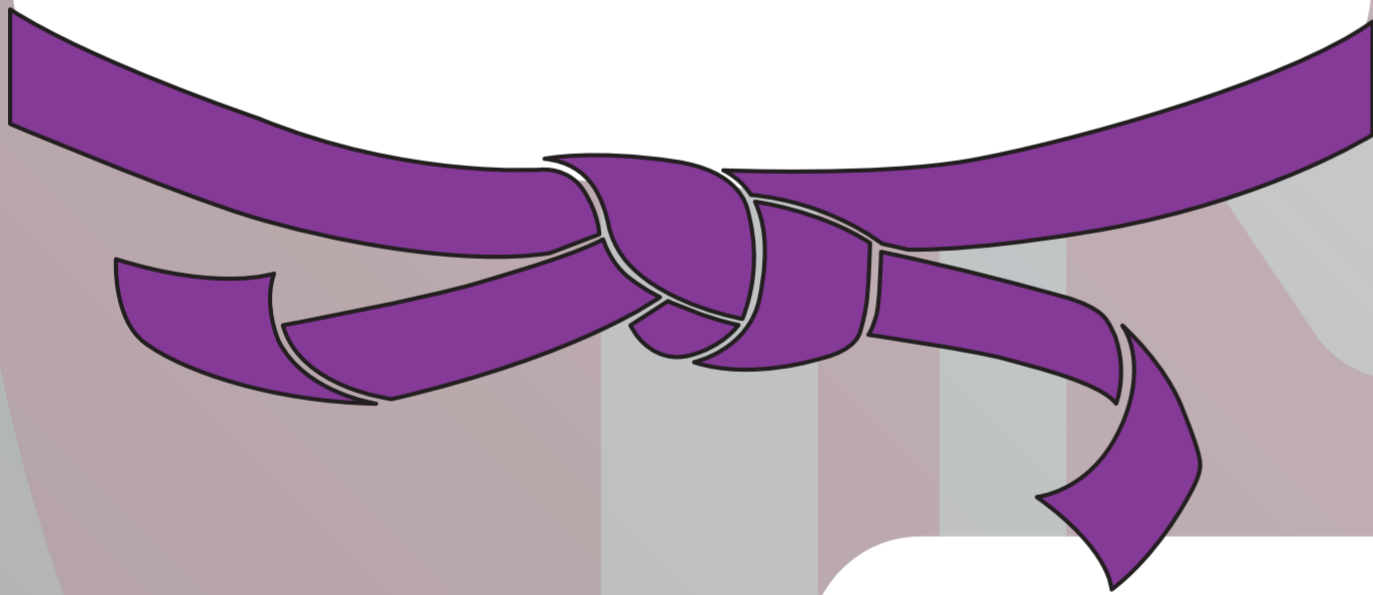
1. Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Slide in Side Slip Punch, Slide Back
3. Slide in Side Slip Punch, Reverse Punch, Front Punch, Slide Back

## Red Star ★

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

## Black Star ★

4 x 20 Sit ups | 4 x 20 Push ups | Free Padding with Sensei



BLUE Belt

## Gold Star ★

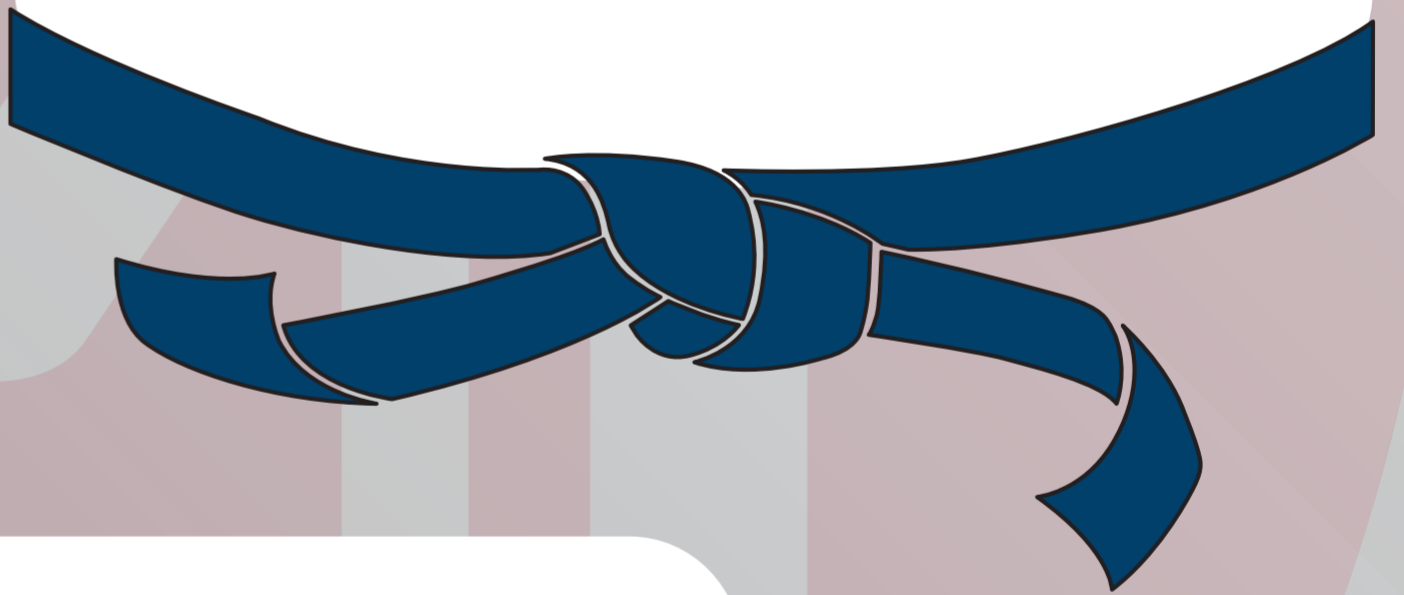
1. Back Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Jumping Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## Red Star ★

1. Front Kick, Leg in Front, Side Slip Punch, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Jumping Front Kick, Spinning Side Kick, Roundhouse Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back

## Black Star ★

4 x 20 Sit ups | 4 x 20 Push ups | Free Padding with Sensei



BROWN Belt

## Gold Star ★

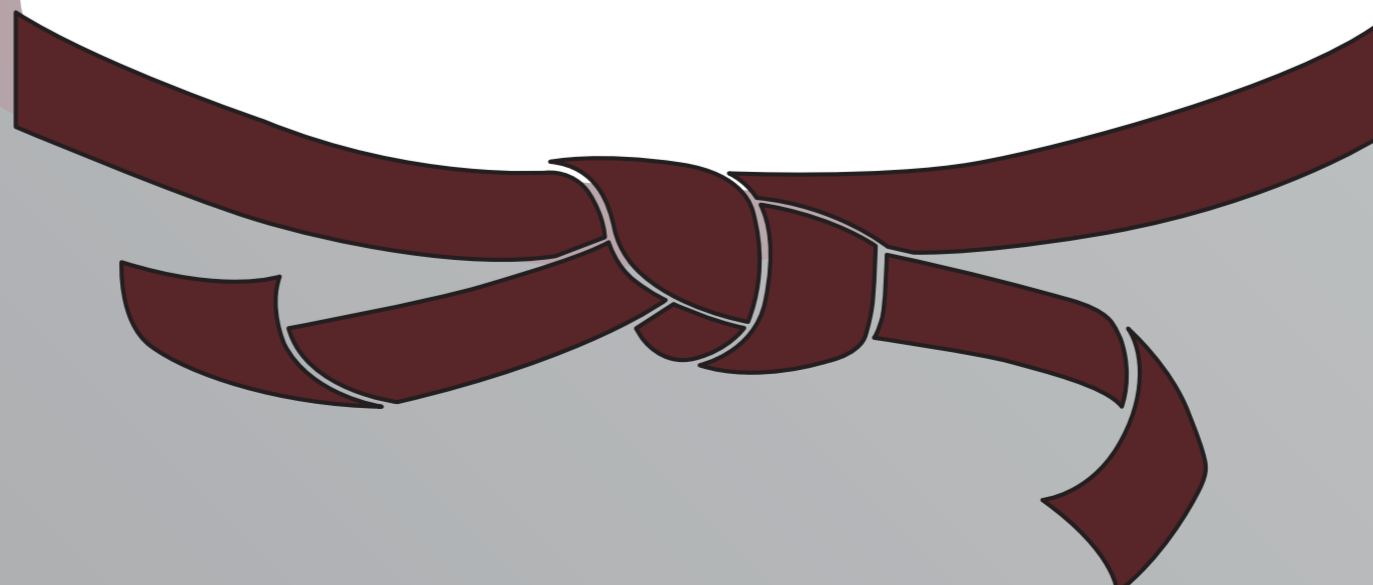
1. Spinning Back Fist (without moving)
2. Front Punch, Spinning Back Fist, Reverse Punch, Front Punch, Slide Back
3. Counter Side Kick, Spinning Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back

## Red Star ★

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

## Black Star ★

5 x 20 Sit ups | 5 x 20 Push ups | Free Padding with Sensei



\*\* All the underlined techniques need to be performed using the same hand/leg

# ★★★ Children Belt Grading ★★★

## Junior BLACK Belt

1. Roundhouse kick, Spinning Hook Kick (continuously)
2. Roundhouse kick, Step in Spinning Hook Kick (continuously)
3. Axe kick, Side Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

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

Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor

## GOLD Star ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation

1. Spinning Hook Kick, Reverse Punch, Spinning Hook Kick, Reverse Punch, Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Jumping Front Kick, Spinning Side Kick, Roundhouse Kick, Spinning Hook Kick, 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

Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor

## RED Star ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation

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

All Previous Cover Techniques  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor

## BLACK Star ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation

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

All Previous Cover Techniques  
Roundhouse Kick Techniques 1 -3  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor

# ★★★ Children Belt Grading ★★★

## FULL Junior BLACK Belt

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

All Previous Pair Techniques  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor  
Teaching Junior Grades their Combinations

Face Techniques 1  
Front Kick Techniques 1

## Full GOLD ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation
- 
1. Roundhouse Kick, Side Kick, Hook Kick, Roundhouse Kick, Back Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
  2. Front Punch, Reverse Punch, Step In Spinning Hook Kick, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back
  3. Front Punch, Counter Side Kick, Spinning Hook Kick, Roundhouse Kick, Spot Jump Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

All Previous Pair Techniques  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor  
Teaching Junior Grades their Combinations

Face Techniques 1 - 2  
Front Kick Techniques 1 - 2

## Full RED ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation
- 
1. Front Punch, Counter Hook Kick, Roundhouse Kick, Spinning Side Kick, Step in Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
  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, Reverse Punch, Counter Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

All Previous Pair Techniques  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor  
Teaching Junior Grades their Combinations

Face Techniques 1 - 3  
Front Kick Techniques 1 - 3

## Full BLACK ★

1. All Previous Basics and Combinations must be performed on demand and without hesitation
- 
1. Front Punch, Reverse Punch, Jumping Front Kick, Back Kick, Spinning Hook Kick, Roundhouse Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
  2. Front Punch, Counter Side Kick, Hook Kick, Roundhouse Kick, Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
  3. Front Kick, Outer Crescent Kick, Axe Kick, Skip Side Kick, Spinning Side Kick, Roundhouse Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

All Previous Pair Techniques  
Form Fighting, Synchronise Form Fighting,  
Free Padding with an Instructor  
Teaching Junior Grades their Combinations

Face Techniques 1 - 4  
Front Kick Techniques 1 - 4