



## PRO MARTIAL ARTS SCHOOLS KICKBOXING CLUBS

### GRADING SYLLABUS

GRADE	Pad Work Routine1	Pad Work Routine 2	Shield Routine	Defensive Routine	Free style	Grading sets
RED	Left Jab, Right Cross Lead and Rear Hooks Lead and Rear Uppercuts	Lead & Rear Front Snap Kicks Lead & Rear Round Kicks	Lead & Rear Push Kicks	Parry Bob & Weave Drill	Focus pads	1 to 2
YELL	Left Jab, Right Cross Lead and Rear Hooks Lead and Rear Uppercuts Lead and Rear Overhands	Lead & Rear Front Snap Kicks Lead & Rear Round Kicks Lead & Rear Side Kicks	Lead Step In Side Kick	Front, Side & Body Blocks	Focus pads	1 to 4
ORG	Left Jab, Right Cross Lead and Rear Hooks Lead and Rear Uppercuts Lead and Rear Elbows	Lead & Rear Round Kicks Lead & Rear Side Kicks Lead & Rear Axe Kicks	Rear Shin Kick	Slipping	Focus pads	1 to 6
GRN	Left Jab, Right Cross Lead and Rear Uppercuts Lead and Rear Body Hooks	Lead Sickle Kick Lead Jump Snap Kick Rear Jump Round Kick	Spinning Side Kick	Slip & Jab Drill	Focus pads	1 to 8
BLU	Left Jab, Right Cross Lead and Rear Body Uppercuts Lead and Rear Body Hooks Lead Hook, Spinning Back fist	Lead hook Kick Spinning Side Kick Spinning Crescent Kick	Lead Jump Push Kick	Bob & Weave Hook Drill	Focus pads	1 to 10
PRL	Left Jab, Right Cross Lead and Rear Body Uppercuts Lead and Rear Body Hooks Lead Hook, Spinning Back fist Spinning Elbow	Lead hook Kick Spinning Side Kick Spinning Crescent Kick Spinning Hook Kick	Rear Jump Shin Kick	Slip, Bob & Weave Jab & Hook Drill	Focus pads	1 to 12
BRN	Freestyle Hand Combinations	Freestyle Kicking Combinations	Jump Rear Side Kick & Jump Spinning Side Kick	Block & Counter Drill	Focus pads	1 to 14