BROWN BELT

NAME: _____

START DATE : _____GRADING DATE :_____

MINIMUM 40 REGULAR CLASSES *(please get signed at each class)*

GREEN BELT + CLASSES

SERVICE: ADULTS/CHILDREN'S CLASSES OR GRADINGS

Multiple Defence 8

Self Defence 8

1. Single cross wrist
2. Single wrist
3. Single wrist lifting arm
4. Defence against left push, right haymaker
5. Defence against right lapel grab

Ground Defence 8

SPARRING CLASSES *(Optional refer Note 1)*

(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

GRADING REQUIREMENTS

- All boxes signed (optional for sparring)
- Self Defence and Multiple Defence 1 -7
- Ground Defence

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