RED BELT

NAME: _____START DATE:_____GRADING DATE:_____

MINIMUM 50 REGULAR CLASSES *(please get signed at each class)*

GREEN BELT + CLASSES

TEACHING CLASSES *(see Darren for details)*

SERVICE: ADULTS/CHILDREN'S CLASSES OR GRADINGS

SPARRING CLASSES *(Optional refer Note 1)*

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RED BELT

Multiple Defence 10

Self Defence 10

1. Single cross wrist to completion.
2. Single wrist.
3. Single wrist grab to lifting arm
4. Defence against left push, right haymaker
5. Defence against right lapel grab 1
6. Front kick defence. Version 1 and 2
7. Turning kick defence (3 versions)
8. Side kick defence
9. Back Kick
10. Knee Defence
11. Rear lapel grab. Inside Version
12. Rear lapel grab . Outside Version

Ground Defence 8

1. Defence from side headlock (from knee take down)

Grading.

Your grading will consist of the following. You will need to pass each section to advance to the next. Grading is on one day.

1. Technique: multiple and self defense.
2. Sparring. 6 x 3 minute rounds with out gloves with black belts or fellow candidates.(Please bring mouth, groin and shin instep protectors)
3. Board breaks. 3 attempts only.
4. Break falls. 100.

You will also need to present your filled in Grading sheet. In particular you will need to have completed and signed by your Dojo head (below)

PRE GRADING TEST

To be completed within 8 weeks of grading date under supervision of 3rd dan or above.

❑ All Multiple Defence

❑ All Self Defence

❑ Ground Defence.

❑ Break Falls

❑ Board Breaks

❑ Sparring

GRADING APPROVED: _____ DOJO HEAD: _____ DATE:_____

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