



FITNESS

- PRESS UPS X 10
- SIT UPS X 10
- RISING KICKS (with guard) X 10

STANCES

- ATTENTION STANCE
- FIGHTING STANCE (left or right)

PUNCHES

- JAB
- CROSS

KICKS

- SNAP KICK (both front & rear leg)
- TURNING KICK

BLOCKS & EVASIONS

- CATCH (front & rear hand)
- HIGH INWARD PARRY (front & rear hand)
- PIVOT (clockwise & anti clockwise)

LINEWORK and PADWORK COMBINATIONS

- JAB, CROSS
- CATCH (rear hand), JAB, CROSS
- HIGH INWARD PARRY (rear hand), JAB, CROSS
- TURNING KICK (front leg), SNAP KICK (rear leg)
- TURNING KICK, JAB, CROSS
- SNAP KICK, JAB, CROSS

PARTNER SPARRING DRILLS

- CATCH (rear hand) JAB, CROSS, TURNING KICK
- HIGH INWARD PARRY (rear hand) JAB, CROSS, SNAP KICK
- JAB, CROSS, PIVOT (clockwise), JAB, CROSS
- JAB, CROSS, PIVOT (anti clockwise), JAB, CROSS

RED BELT SYLLABUS

FITNESS

- PRESS UPS X 20
- SIT UPS X 20
- OUTWARD CRESENT KICKS (with guard) X 10

STANCES

- FIGHTING STANCE (left or right)

PUNCHES

- DOUBLE JAB
- SLIDING JAB, DOUBLE JAB
- HOOK (front & rear hand)
- STEP BACK HOOK

KICKS

- PUSH KICK (both front & rear leg)
- ROUNDHOUSE KICK (mid section)

BLOCKS

- COVER UP GUARD (front & rear legs)
- LOW OUTWARD PARRY (front & rear hand)

LINE WORK and PADWORK COMBINATIONS

- JAB, CROSS, HOOK
- JAB, CROSS, HOOK, PUSH KICK (rear leg)
- JAB, CROSS, HOOK, STEP BACK HOOK, ROUNDHOUSE KICK (mid section)
- SLIDING JAB, DOUBLE JAB, CROSS, ROUNDHOUSE KICK (mid section)
- LOW OUTWARD PARRY (rear hand) HOOK, CROSS, HOOK
- LOW OUTWARD PARRY (front hand) CROSS, HOOK, CROSS
- PUSH KICK (front leg), ROUNDHOUSE KICK (mid section)
- PUSH KICK, JAB, CROSS, HOOK, PUSH KICK
- DOUBLE JAB, PUSH KICK (front leg), CROSS, ROUNDHOUSE KICK (mid section)

PARTNER SPARRING DRILLS

- CATCH (rear hand) JAB, CROSS, PUSH KICK
- HIGH INWARD PARRY (rear hand) JAB, CROSS, HOOK, ROUNDHOUSE KICK
- LOW OUTWARD PARRY (rear hand) HOOK, CROSS, HOOK
- LOW OUTWARD PARRY (front hand) CROSS, HOOK, CROSS

YELLOW BELT SYLLABUS

FITNESS

- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10
- CRUNCHES X 10
- TOE TOUCHES X 10
- INWARD CRESENT KICKS (with guard) X 10

STANCES

- SIDE FACING STANCE

PUNCHES

- UPPERCUT

KICKS

- FRONT KNEE (both front & rear leg)
- SIDE KICK (mid section)
- STEPPING SIDE KICK

BLOCKS & EVASIONS

- HIGH ELBOW COVER (front & rear arm)
- DOUBLE FOREARM BLOCK (for straight punches palms facing & for kicks palms face away)
- SHIN BLOCK (front & rear leg for low kicks)
- BOB & WEAVE

LINE WORK and PADWORK COMBINATIONS

- JAB, UPPER CUT, HOOK, CROSS
- JAB, UPPERCUT, HOOK, FRONT KNEE (rear leg),
- JAB, CROSS, HOOK, STEPPING SIDE KICK (side facing stance front leg)
- SLIDING JAB, DOUBLE JAB, ROUNDHOUSE KICK (high section)

PARTNER SPARRING DRILLS

- HIGH ELBOW COVER (rear hand) JAB, CROSS, HOOK, TURNING KICK
- HIGH ELBOW COVER (front hand) CROSS, HOOK, CROSS, ROUNDHOUSE KICK (high section)
- JAB, BOB & WEAVE, (under a rear hand hook) HOOK, CROSS, HOOK, SIDE KICK
- JAB, BOB & WEAVE, (under a front hand hook) CROSS, HOOK, CROSS, PUSH KICK
JAB, CROSS, HOOK, HIGH ELBOW COVER (front arm) (AT SAMETIME
WITH REAR HAND GRASP BACK OF NECK), KNEE (rear leg)

ORANGE BELT SYLLABUS

FITNESS

- PRESS UPS X 10
- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10
- CUNCHES X 10
- TOE TOUCHES X 10
- BRIDGES X 10
- SQUAT THRUSTS X 10

ATTACKS

- BACKFIST
- HORIZONTAL ROUNDHOUSE ELBOW

KICKS

- AXE KICK (both front & rear leg)
- JUMPING SNAP KICK
- CRESENT KICK (inward & outward)

BLOCKS & EVASIONS

- BODY ELBOW COVER (front & rear arms)
- BODY CENTRE LINE BLOCK (front & rear arms)
- OUTER FOREARM BLOCK (front & rear arms)
- LAYBACK WITH DOUBLE FOREARM GUARD

LINE WORK and PADWORK COMBINATIONS

- BACKFIST, CROSS, HOOK, CROSS, AXE KICK (rear leg)
- JAB, UPPERCUT, HORIZONTAL ROUNDHOUSE ELBOW, FRONT KNEE
- JAB, CROSS, UPPERCUT, AXE KICK (front leg), CROSS
- AXE KICK (front leg), CROSS, HOOK, SIDE KICK
- JAB, CROSS, HOOK, JUMPING SNAP KICK

PARTNER SPARRING DRILLS

- JAB, CROSS, HOOK, DOUBLE FOREARM BLOCK, TURNING KICK, CROSS
- UPPERCUT, HOOK, SHIN BLOCK (rear leg), CROSS, HOOK, CROSS, AXE KICK (front leg)
- HOOK, CROSS, LAYBACK WITH DOUBLE FOREARM GUARD, CROSS, AXE KICK (rear leg)

FITNESS

- PRESS UPS X 10
- WIDE PRESS UP X 10
- DIAMOND PRESS UP X 10 (1 after another = a set)
- CRUNCHES X 10
- TOE TOUCHES X 10
- BRIDGES X 10 (1 after another = a set)
- BURPHES X 10

KICKS

- JUMPING ROUNDHOUSE KICK
- JUMPING OUTER CRESENT KICK
- BACK KICK

EVASIONS

- PUSHBACK
- SIDE STEP

LINE WORK and PADWORK COMBINATIONS

- JAB, DOUBLE JAB, CROSS, UPPERCUT, CROSS, HOOK, SIDE KICK
- UPPERCUT, HOOK, CROSS, JAB, DOUBLE JAB, PUSH KICK
- JAB, CROSS, HOOK, JUMPING ROUNDHOUSE KICK
- JAB, CROSS, PIVOT (anti clockwise), UPPERCUT, HOOK, SIDE KICK
- JAB, CROSS, DOUBLE JAB, PUSH KICK, BACK KICK
- SIDE KICK, BACK KICK
- CROSS, HOOK, CROSS, SIDE STEP (rear leg) TURNING KICK
- JAB, CROSS, UPPERCUT, CROSS, SIDE STEP (front leg) SIDE KICK
- JAB, CROSS, PUSHBACK, CROSS, UPPERCUT, CROSS, AXE KICK (front leg), CROSS

PARTNER SPARRING DRILL – ATTACK and DEFENCE

- Partner 1: JAB, CROSS, ROUNDHOUSE, HIGH INWARD PARRY(rear hand, front hand)
- Partner 2: HIGH INWARD PARRY (rear hand, front hand), COVER UP GUARD (front leg), JAB, CROSS

FITNESS

- TON UPS

ATTACKS

- SHOVEL PUNCH
- UPPER CUT ELBOW

KICKS

- JUMPING FRONT KNEE
- HOOK KICK
- SPINNING HEEL KICK

BLOCKS & EVASIONS

- DOWNWARD ELBOW (front & rear arm)

LINE WORK and PADWORK COMBINATIONS

- DOUBLE JAB, CROSS, UPPERCUT, CROSS, HOOK, HOOKING KICK(front leg)
- JAB, SHOVEL PUNCH, SHOVEL PUNCH, CROSS, SPINNING HEEL KICK
- DOWNWARD ELBOW BLOCK,CROSS, HOOK, UPPERCUT ELBOW, PUSH KICK (rear leg)
- JAB, CROSS, UPPER CUT, UPPER CUT, HOOK, JUMPING FRONT KNEE
- HOOK KICK (front leg), SPINNING HEEL KICK

PARTNER SPARRING DRILL - ATTACK and DEFENCE

- Partner 1:JAB (head), UPPER CUT (body), PUSHBACK, CATCH (rear hand), HIGH INWARD PARRY (front hand)
- Partner 2: HIGH INWARD PARRY (rear hand), BODY ELBOW COVER(front arm), SNAP KICK, JAB, CROSS

ATTACKS

- UPPERCUT HOOK (same hand)
- ROUNDHOUSE KNEE (clinch work)

KICKS

- JUMPING AXE KICK (front & rear leg)

BLOCKS & EVASIONS

- HIGH OUTER PARRY (front/rear hand)

LINEWORK and PADWORK COMBINATIONS

- UPPERCUT HOOK (same hand), CROSS, ROUNDHOUSE.
- JUMPING AXE KICK, CROSS, UPPERCUT HOOK (same hand), CROSS, JUMPING ROUNDHOUSE KICK
- REAR HAND HIGH OUTER PARRY, HOOK, CROSS, HOOK, REAR LEG HOOK KICK
- FRONT HAND HIGH OUTER PARRY, CROSS, HOOK, CROSS, SPINNING HEEL KICK
- OUTSIDE SHIN BLOCK PUSH KICK (same leg), ROUNDHOUSE KICK
- OUTSIDE SHIN BLOCK CROSS (at same time), ROUNDHOUSE KICK

ATTACKS

- SPINNING BACKFIST

KICKS

- JUMPING BACK KICK
- SPINNING HOOK KICK

BLOCKS & EVASIONS

- SIDE STEP PIVOT

LINEWORK and PADWORK COMBINATIONS

- JAB, CROSS, HOOK, SPINNING BACKFIST, ROUNDHOUSE KICK
- REAR HAND ELBOW COVER, FRONT HAND HIGH INWARD PARRY, CROSS, HOOK, CROSS
- FRONT LEG SIDE STEP PIVOT, JAB, CROSS, HOOK, ROUNDHOUSE KICK
- JAB, CROSS, HOOK, JUMPING BACK KICK
- JAB, UPPERCUT, HOOK, SPINNING HOOK KICK
- JAB, CROSS, UPPERCUT ELBOW, HORIZONTAL ROUNDHOUSE ELBOW, CLINCH REAR KNEE



ATTACKS

- DOWNWARD ANGLE ELBOW
- SPINNING BACK HORIZONTAL ELBOW
- OVERARM CROSS
- BOLO PUNCH

KICKS

- REVERSE SIDE KICK
- SPINNING AXE KICK
- DOUBLE JUMPING BACK KICK

LINEWORK and PADWORK COMBINATIONS

- DOUBLE JAB,DOWNWARD ANGLE ELBOW,SPINNING BACK HORIZONTAL ELBOW
- CROSS,JAB,BOLO PUNCH,BACK KICK
- REAR ELBOW COVER,DOUBLE JAB, OVERARM CROSS,REVERSE SIDE KICK
- JAB,CROSS,HOOK,REVERSE SIDE KICK
- DOUBLE JAB, OVERARM CROSS,DOUBLE JUMPING BACK KICK
- UPPER CUT, HOOK, CROSS,HOOK, SPINNING AXE KICK

BROWN - BLACK STRIPE BELT SYLLABUS

KICKS

- INSIDE LEG KICK
- OUTSIDE LEG KICK
- JUMPING REVERSE SIDE KICK
- JUMPING SPINNING HEEL KICK

LINEWORK and PADWORK COMBINATIONS

- CROSS, INSIDE LEG KICK, CROSS, HOOK, BACK KICK
- UPPER CUT, HOOK, CROSS, HOOK, JUMPING REVERSE SIDE KICK
- JAB, CROSS, HOOK (SIDE STEP ON THE HOOK (front leg)), BACK KICK
- REAR LEG SIDE STEP SIDE KICK, CROSS, HOOK, JUMPING SPINNING HEEL KICK
- CROSS, JAB, OUTSIDE LEG KICK, HOOK (PERFORM HOOK AS LEG COMES BACK) JUMPING SPINNING HEEL KICK
- REAR LEG SIDE STEP, MID SECTION TURNING KICK, CROSS, REVERSE SIDE KICK