

UFMA Syllabus.

In order to grade to your next belt and training level in UFMA all students **must** demonstrate the requirements set out below to a high standard. The grading assessment will be taken by my Chief Instructor Sensei David Washington 3rd Dan and all students will have to demonstrate to Sensei all aspects of their training. All students must show good understanding of the techniques and display both technical ability and spirit to a high level.

Grading Assessment Layout:

- Warm Up & Dynamic Stretching
- Combinations
- Partner Combinations
- Set Combinations
- Street Self Defence (with Partner) (upright position)
- Set Self Defence Combinations (with Partner)
- Sparring
- Impact Work (pads/shield)
- Fitness & Static Stretching/Warm down
- Grade Belt Presentation

Basic Techniques Key:

- 1: Jab (Head)
- 2: Cross Punch (Head)
- 3: Hook punch of rear hand (Head)
- 4: Hook punch of lead hand (Head)
- 5: Upper cut (Head)
- 6: Reverse punch (Body)
- 7: Back fist punch (Head)
- 8: Front kick rear leg (Body)
- 9: Roundhouse kick rear leg (Body/Head)
- 10: Side kick lead leg (Body)
- 11: Roundhouse kick lead leg (Body/Head)
- 12: Front kick lead (Body)

Minimum Sessions & Training time required to qualify for Grading

10 th Kyu White Belt	-	9 th Kyu Yellow Belt	=	8 Sessions + 1 month training	}	Beginner
9 th Kyu Yellow Belt	-	8 th Kyu Orange Belt	=	10 Sessions + 3 months training		
8 th Kyu Orange Belt	-	7 th Kyu Red Belt	=	12 Sessions + 3 months training		
7 th Kyu Red Belt	-	6 th Kyu Green Belt	=	14 Sessions + 3 months training	}	Intermediate
6 th Kyu Green Belt	-	5 th Kyu Blue Belt	=	20 Sessions + 3 months training		
5 th Kyu Blue Belt	-	4 th Kyu Purple Belt	=	28 Sessions + 3 months training		
4 th Kyu Purple Belt	-	3 rd Kyu Brown Belt	=	30 Sessions + 3 months training	}	Advanced
3 rd Kyu Brown Belt	-	2 nd Kyu Brown Belt	=	32 Sessions + 3 months training		
2 nd Kyu Brown Belt	-	1 st Kyu Brown Belt	=	38 Sessions + 6 months training		

Black Belt requirements

- 1st Kyu Brown Belt - 1st Dan Black Belt = 85 Sessions + 1 year training (minimum of 12 years of age)
- 1st Dan Black Belt - 2nd Dan Black Belt = 170 Sessions + 2 years training (minimum of 16 years of age)
- 2nd Dan Black Belt - 3rd Dan Black Belt = 450 Sessions + 3 years training (minimum of 18 years of age)
- 3rd Dan Black Belt - 4th Dan Black Belt = 600 Sessions + 4 years training (minimum of 22 years of age)

Warm Up & Dynamic Stretching

- Run around the Dojo or from side to side. - (Minute's)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
2	2	2	2	2	2	5	5	5	5	5	5

- leg lifts to the Front- (Repartitions off each leg)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
5	5	10	10	10	10	15	15	15	15	15	15

- Leg lifts to the Side - (Repartitions off each leg)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
5	5	10	10	10	10	15	15	15	15	15	15

- Leg swings outwards. - (Repartitions off each leg)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
5	5	10	10	10	10	15	15	15	15	15	15

- Leg swings inwards off each leg. - (Repartitions off each leg)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
5	5	10	10	10	10	15	15	15	15	15	15

- Double Reverse Punches - (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
10	10	10	10	10	10	20	20	20	30	30	30

- Any Exercise Of Your Choice - (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
10	10	10	15	15	15	20	25	30	35	40	50

Combinations (page 1)

The below combination will need to be shown both in a line up drill and with partner combinations. When shown in partner combinations the techniques should making light contact when instructed.

- Reverse Punch.
- Back Fist.
- Hook Punch
- Front Kick.
- Roundhouse Kick.
- Lead hand punch.
- Side Kick.
- Head Block
- Low Block.
- Mid-Section Block.
- Mawatte turn (180 turn).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Horse stance 50/50 position (demonstration of this stance).
- Lead hand Punch.
- Side kick (rear leg).
- Step side kick (lead leg).
- Step through Low Block.
- Step through Mid-Section Block.
- Step through Head Block.
- Back fist reverse punch combinations both step up and step through.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Combinations (page 2)

- Cat stance position (deliver a combination from this stance).
- Double front kick (rear leg).
- Sickle kick
- Lead hand Punch Reverse Punch combination.
- Back fist (rear leg).
- Step back Low Block.
- Step back Mid-Section Block
- Step back Head Block.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Back stance position (deliver a combination from this stance).
- Hammer fist Reverse Punch combination.
- Pass over Block (two hands).
- Multiple kicks.
- Jumping front kick.
- Elbow Strike.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
			✓	✓	✓	✓	✓	✓	✓	✓	✓

- Side kick advanced Knife edge of the foot (rear leg).
- Inner crescent kick (both legs).
- Outer crescent kick (both legs).
- Hammer fist.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
				✓	✓	✓	✓	✓	✓	✓	✓

- Long Cat stance position (deliver a combination from this stance).
- Spinning Side Kick.
- Balance Kicks.
- Spinning Back Fist.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
					✓	✓	✓	✓	✓	✓	✓

Combinations (page 3)

- Hook Kick (rear leg).
- Step Hook Kick (front leg).
- Spinning outer crescent kick (both legs).
- Leg Sweeps (both legs).
- Defence against a Jumping Front Kick – Follow Up technique (scoring technique).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

- Back kick (both legs)
- Spinning hook kick (both legs)
- Knee Strike

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
							✓	✓	✓	✓	✓

- Axe kick
- Jumping side kick
- Jumping inner crescent kick.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
								✓	✓	✓	✓

- Flying Kicks

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
										✓	✓

- Scissor Kick.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
											✓

Partner Combinations only (page 1)

- Defence against a Spin Hook Kick – Follow Up technique (scoring technique).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
									✓	✓	✓

- Partner Combinations against multiple attackers 2 or More

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
										✓	✓

- Partner Combinations against multiple attackers 3 or More

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
											✓

Set Partner Combinations (Page 1)

- Set Combination 1

Attack: Back Fist (lead arm), Reverse Punch (rear arm)

Defence: High block (lead arm), Low block (lead arm)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Set Combination 2

Attack: Back Fist (lead arm), Reverse Punch (rear arm), Step through, Back Fist (lead arm), Reverse Punch (rear arm)

Defence: High block (lead arm), Low block (lead arm), Step Back, High block (lead arm), Low block (lead arm)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Set Combination 3 –

Attack: Jab (lead arm), Reverse punch (rear arm), Front kick (rear leg landing forward)

Defence: High block (lead arm), Low block (lead arm), Low cross block (whilst stepping back).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
				✓	✓	✓	✓	✓	✓	✓	✓

- Set Combination 4 –

Attack: Jab (lead arm), Reverse punch (rear arm), Roundhouse kick (rear leg landing forward), Roundhouse kick (rear leg landing forward).

Defence: High block (lead arm), Low block (lead arm), Side cross block (whilst stepping back), Side cross block (whilst stepping back).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

- Set Combination 5 –

Attack: Jab (lead arm), Cross (rear arm), Roundhouse kick head height (rear leg landing back).

Defence: High block (lead arm), Slip (moving head back), Duck (rolling head under kick).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

- Set Combination 6 – TBA

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

Street Self Defence (page 1)

- Attempted Double lapel/throat – Block & Counter attack (1 technique)
- Attempted Single lapel/throat grab – Block & Counter attack (1 technique)
- Reverse punch attack - Block & Counter attack (1 technique)
- Hook punch attack - Block & Counter attack (1 technique)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Single wrist grab - Escape & Counter attack (1 technique)
- Hook punch attack - Block & Counter attack (2 techniques)
- Double wrist grab - Escape & Counter attack (1 technique)
- Double lapel/throat grab - Escape & Counter attack (1 technique)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Single wrist grab - Escape & Counter attack (2 technique)
- Double wrist grab - Escape & Counter attack (2 technique)
- Double Lapel/throat grab - Escape & Counter attack (2 technique)
- Single Lapel/throat grab - Defence & Counter attack (1 technique)
- Grab from behind (bear hug) - Escape & Counter attack (1 technique)
- Hook punch attack - Defence & Counter attack (3 technique)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Single wrist grab - Escape & Counter attack (3 technique)
- Double wrist grab - Escape & Counter attack (3 technique)
- Double Lapel/throat grab - Escape & Counter attack (3 technique)
- Grab from behind (bear hug) - Escape & Counter attack (2 technique)
- Hook punch attack - Defence & Counter attack (3 technique)
- Grab from side - Defence & Counter attack (2 technique, no takedowns)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
			✓	✓	✓	✓	✓	✓	✓	✓	✓

Street Self Defence (page 2)

- Grab from side - Defence & Counter attack (2 techniques, one needs to be a takedown)
- Single Lapel/throat grab - Defence & Counter attack (2 techniques)
- Head lock – Escape & Counter attack (1 technique)
- Lead Hand punch (Jab) - Defence & Counter attack (1 techniques)
- Grab from behind - Defence & Counter attack (1 technique)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
				✓	✓	✓	✓	✓	✓	✓	✓

- Head lock – Escape & Counter attack (2 technique, one must use a Pressure point strike)
- Single Lapel/throat grab - Defence & Counter attack (2 techniques, both must use a Pressure point)
- Lead Hand punch (Jab) - Defence & Counter attack (3 techniques, two must use a lock or Pressure point)
- Pre-emptive Pressure point strike (1 technique)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
					✓	✓	✓	✓	✓	✓	✓

- Pre-emptive Pressure point strike (3 techniques)
- Pre-emptive Pressure point takedowns (2 techniques)
- Multiple attackers (both in front) – Defensive blocks & counter attacks (2 attackers)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

- Threat from a bat or pole (front) - Defence & Counter attack (2 techniques)
- Threat from a knife (front) - Defence & Counter attack (2 techniques)
- Threat from a knife (behind) - Defence & Counter attack (1 techniques)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
							✓	✓	✓	✓	✓

Street Self Defence (page 3)

- Thrusting knife attack (front) - Defence & Counter attack (2 techniques)
- Over arm stab from knife (front) - Defence & Counter attack (2 techniques, one must be a takedown)
- Multiple attackers (front & back) – Defensive blocks & Counter attacks (2 attackers)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
								✓	✓	✓	✓

- Threat from a Gun (front) - Defence & Counter attack (1 technique, must be a takedown / arm lock)
- Threat from a Gun (behind) - Defence & Counter attack (1 technique).
- Slashing knife attack (front) - Defence & Counter attack (2 techniques)
- Defence against multiple attackers (2 attackers)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
									✓	✓	✓

- Defence against multiple attackers (2 attackers)
- Defence against multiple attackers (3 attackers)
- Defence against multiple attackers (3 attackers, 1 with weapon)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
										✓	✓

Set Self Defence Combinations (Page 1)

- Set Self Defence 1 – **Attack:** Single handed throat grab. **Defence:** Passover Block, Arm Bar strike/Takedown.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Set Self Defence 2 – **Attack:** Hook punch. **Defence:** Double Block (bicep & forearm strike), Back fist strike, Grab behind neck and knee strike (to the body).

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Set Self Defence 3 (Relaxed stance) – **Attack:** Jab, Cross punch **Defence:** Block Jab, Passover block the cross, Arm bar strike moving to a wristlock control.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
				✓	✓	✓	✓	✓	✓	✓	✓

- Set Self Defence 4 – (Relaxed stance) - **Attack:** Single handed push. **Defence:** Three fast blocks (lead arm, rear arm, lead arm) running up the attacking arm, Rear arm strike to chest combined with sweep.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
					✓	✓	✓	✓	✓	✓	✓

Sparring

- 6 minute sparring in total, 2 minutes per partner.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- 8 minute sparring in total, 2 minutes per partner.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- 12 minute sparring in total, 2 - 4 minutes per partner.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
					✓	✓	✓	✓	✓	✓	✓

- 12 minute sparring in total, 4 minutes with Black Belt.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
						✓	✓	✓	✓	✓	✓

- 16 minute sparring in total, 8 minutes with Black Belt.

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
									✓	✓	✓

Impact Work

- Reverse punches off each arm against Focus Pads - (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
5	5	5	8	8	8	10	10	10	15	15	15

- Roundhouse Kick off both legs against Focus Mitts - (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
		5	5	5	5	10	10	10	15	15	15

- Continues inverted punches against Impact Shield – (Seconds)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	20	30	30	35	40	50	55	60	65	70	70

Fitness & Static Stretching/Warm down

- Press ups – (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	25	30	35	40	45	50	50	55	60	70	80

- Sit ups – (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	25	30	35	40	45	50	50	55	60	70	80

- Burpees – (Repartitions)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
15	15	20	20	25	30	35	40	40	50	60	60

- Front Splits – (Seconds)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	20	30	30	30	40	50	50	60	60	60	60

- Side Splits – (Seconds)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	20	30	30	30	40	50	50	60	60	60	60

- Standing up fingers tips to the floor – (Seconds)

9th Kyu Yellow Belt	8th Kyu Orange Belt	7th Kyu Red Belt	6th Kyu Green Belt	5th Kyu Blue Belt	4th Kyu Purple Belt	3rd Kyu Brown Belt	2nd Kyu Brown Belt	1st Kyu Brown Belt	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
20	20	30	30	30	40	50	50	60	60	60	60