



GRADING SYLLABUSES



MINI DRAGONS

(3-6 YEARS)



NINJA KIDS

(7-12 YEARS)



TEENS & ADULTS

(13 YEARS+)

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Welcome to Martial Arts 4U.

We are devoted to making your martial arts training the very best experience. When you join one of our schools you will not only feel fitter but safer too.

We offer a wide ranges of lessons for all ages and abilities.

MINI DRAGONS 3-6 YEARS

Our lessons start from 3 years old in our Mini Dragons lessons aimed to give your child a safe martial arts work out and also a healthy mind work out too.

NINJA KIDS 7-11 YEARS

Anyone aged between 6 and 12 will be welcome to join our Ninja Kids lessons. Our Ninja Kids classes not only teach children powerful life lessons that include Respect, Courtesy,

Discipline and honesty but give them a great skill for life.

ADULTS 13 YEARS +

For anyone aged 12 or over, you are welcome to join in our many Adult Kickboxing lessons or Female Kickboxing which are high paced cardio lessons with all the skill and technique for learning kickboxing. Each lesson is designed to push you to a new level of fitness and teach you everything you need to become a black belt.

Look forward to seeing you in class!



MINI DRAGONS

(3-6 YEARS)

SYLLABUS



**GROWING
CONFIDENCE**



MINI DRAGONS RED BELT

Practise two of these combinations each week during the 12 week testing cycle. Work on mastering the combinations whilst maintaining a strong stance and keeping a tight guard throughout, increasing intensity and precision.

Jab	Double Jab	Jab, Cross	Double Jab, Cross	Double Jab, Cross
Lead Front Kick, Jab, Cross, Rear Front Kick	Lead Front Kick, Cross, Jab, Rear Front Kick	Jab, Cross, Rear Elbow Strike	Jab, Cross, Lead Elbow Strike	Jab, Cross, Lead elbow, Rear Elbow Strike
Jab, Lead Side Kick	Jab, Cross, Lead Side Kick	Double Jab, Cross, Lead Side Kick	Double Jab, Cross, Jab, lead side Kick	Double Jab, Cross, Lead Hook, Lead Side Kick

RED



MINI DRAGONS YELLOW BELT

Study, Practise and master two combinations per week, you should now be concentrating on fluidity and smooth fast transitions in between each technique.

Jab, Lead Round House Kick	Double Jab, Lead Round House Kick	Jab, Cross, Lead Round House Kick	Jab, Cross, Jab, Lead Round House Kick	Double Jab, Cross, Lead Hook, Lead Round House Kick
Jab, Lead Round House Kick, Cross	Jab, Cross, Rear Round House Kick	Jab, Cross, Lead Hook Punch, Rear Round House Kick	Lead Front Kick, Cross, Jab, Rear Round House Kick	Lead Round House Kick, Jab Cross, Rear Round House Kick
Lead Hook, Cross, Lead Hook, Lead Round House Kick	High Smother, Cross, Jab, Rear Round House Kick	Jab, Cross, Lead Hook Punch, Rear Upper Cut, Rear Front Kick	Lead Upper Cut, Cross, Lead Hook Punch, Lead Round House Kick	Jab, Rear Upper Cut, Lead Hook, Cross, Rear Front Kick, Lead Round House Kick

YELLOW



MINI DRAGONS ORANGE BELT

Jab, Cross, Jab Double Side Kick Jab	Jab, Cross, Jab Double Side Kick	Jab, Cross, Jab, Lead Hook Kick	Jab, Cross, Jab, Lead Hook Kick, Turning Side Kick	Jab, Cross, Jab, Lead Side Kick/Round Kick (Double)
Double Jab, Body Cross, Lead Hook Punch, Double Lead Round House Kick	Double Jab, Body Cross, Lead Hook Punch, Rear Round House Kick	Cross, Lead Hook Punch, Cross, Lead Round House Kick, Turning Side Kick	Lead Back Fist, Lead Hook Kick, Reverse Punch, Rear Hook Kick	Jab, Lead Side Kick, Cross, Rear Side Kick

ORANGE



MINI DRAGONS GREEN BELT

Slip Right, Slip Left, Lead Hook Punch, Cross, Lead Round Kick	Jab, Cross, Clockwise Role, Lead Hook Punch	Jab, Cross, Anti-Clockwise, Cross, Lead Round House Kick	Double Jab, Cross, Lead Hook, Clockwise Roll, Lead Hook, Rear Hook, Anti Clockwise Roll	Slip Right, Cross Counter, Lead Hook, Clockwise roll, Lead Hook, Rear Leg Kick
High Smother, Slip Right, Slip Left, Lead Hook Punch, Rear Hook Punch (Body) Lead Hook Punch	Half Clock Block, Cross Counter, Anti Clockwise Roll, Cross, Lead Hook, Cross	Back Fist, Reverse Punch, Lead Round House Kick, Cross, Jab, Rear Round House Kick	Left Hand Parry, Right Hand Parry, Jab, Cross, Jab Rear Push Kick	Block opponents Lead Round House Kick/Counter Turning Side Kick

GREEN



MINI DRAGONS BLUE BELT

Spin Hook Kick, Turning Side Kick (Same Leg)	Cross, Lead Upper Cut, Rear Hook Punch, Lead Hook, Rear round House to the Body	Lead Axe, Cross, Lead Hook Punch, Rear Leg Kick, Rear Body Round House Kick, Rear Round House Kick (Head Height)	Lead Hook/Round Kick Cross, Jab, Rear Hook/Round Kick	Rear Front Kick, Rear Round Kick land (opp stance) Cross Lead Hook, Rear Body Round House Kick
Jab, Rear Shovel Hook, Lead Shovel Hook, Rear Hook Punch, Lead Hook, Rear Body Round House Kick	Rear Hook Punch, Lead Hook Punch, Rear uppercut, Clock Wise Roll, Cross, Lead Side Kick	Lead Inside Sweep, Lead Side Kick, Rear Round House Kick, Turning Side Kick	Cross, Lead Side Kick, Cross Lead Round House Kick, Cross Lead Hook Kick, Turning Side Kick	Cross, Jab, Superman Punch, Jab, Cross, Rear Round House Kick

BLUE



MINI DRAGONS PURPLE BELT

High Smother, Jab, Cross, Clockwise Role, Anti Clockwise Role, Rear Hook Punch, Lead Hook Punch	Parry Opponents Jab, Body Jab, Cross, Lead Hook Punch, Body Lead Round House Kick, Rear Round House Kick	Scoop Away (Half Clock Block) Opponents Front Kicks, (Practise Both Legs) Sweep Landing Leg	Cross, Lead Uppercut, Rear Hook, Anti-Clockwise Roll, Cross, Lead Hook Punch, Rear Round House Kick	High Smother, Cross, Jab, Rear Front Kick, Rear Round House Kick, Turning Side Kick
Double Jab, Rear Uppercut, Lead Hook Punch, Lead Round House Kick, Rear Round House Kick, Turning Side Kick	Cross, Lead Uppercut, Rear Hook Punch, Spin Hook Kick, Turning Side Kick	Jab, Cross, Rear Ridge Hand, Lead Side Kick, Spin Hook Kick	Anti-Clockwise Roll, Cross Lead Hook Punch, Cross, High Smother, Jab, Cross, Rear Axe Kick	Lead Uppercut, Jab, Cross, Jab, Rear Hook Kick, Turning Side Kick

PURPLE



NINJA KIDS

(7-12 YEARS)



TEENS & ADULTS

(13 YEARS+)

SYLLABUS



NINJA KIDS, TEENS & ADULTS - RED BELT

Practise two of these combinations each week during the 12 week testing cycle. Work on mastering the combinations whilst maintaining a strong stance and keeping a tight guard throughout, Increasing intensity and precision.

Jab	Double Jab	Jab, Cross	Double Jab, Cross	Jab, Cross, Jab
Jab, Cross, Lead Hook	Double Jab, Cross, Lead Hook	Double Jab, Cross, Lead Hook, Rear Hook	Double Jab, Cross, Lead Uppercut, Rear uppercut	Jab, Cross, Rear Front Kick
Lead Front Kick, Jab, Cross, Rear Front Kick	Lead Front Kick, Cross, Jab, Rear Front Kick	Jab, Cross, Rear Elbow Strike	Jab, Cross, Lead Elbow Strike	Jab, Cross, Lead elbow, Rear Elbow Strike
Jab, Cross, Rear Leg Kick	Jab, Cross, Lead Leg Kick	Jab, Cross, Rear Leg Kick, Lead Elbow Strike	Jab, Cross, Lead Leg Kick, Rear Elbow Strike	Lead Front Kick, Jab, Cross, Rear Leg Kick
Jab, Lead Side Kick	Jab, Cross, Lead Side Kick	Double Jab, Cross, Lead Side Kick	Double Jab, Cross, Jab lead side Kick	Double Jab, Cross, Lead Hook, Lead Side Kick

RED

MORE SKILLS



NINJA KIDS, TEENS & ADULTS - YELLOW BELT

Study, Practise and master two combinations per week, you should now be concentrating on fluidity and smooth fast transitions in between each technique.

Jab, Lead Round House Kick,	Double Jab, Lead Round House Kick	Jab, Cross, Lead Round House Kick	Jab, Cross, Jab, Lead Round House Kick	Double Jab, Cross, Lead Hook, Lead Round House Kick
Jab, Lead Round House Kick, Cross	Jab, Cross, Rear Round House Kick	Jab, Cross, Lead Hook Punch, Rear Round House Kick	Lead Front Kick, Cross, Jab, Rear Round House Kick	Lead Round House Kick, Jab Cross, Rear Round House Kick
Lead Side Kick, Jab, Cross, Jab, Rear Round House Kick	Lead Inside Leg Kick, Cross Jab, Rear Round House Kick	Rear Leg Kick, Jab, Cross, Jab, Lead Round House Kick	Double Jab, Cross, Lead Hook, Lead Round House Kick, Rear Round House Kick	Cross, Lead Hook, Cross, Rear Hook Kick
Lead Hook, Cross, Lead Hook, Lead Round House Kick	High Smother, Cross, Jab Rear Round House Kick	Jab, Cross, Lead Hook Punch, Rear Upper Cut, Rear Front Kick	Lead Upper Cut, Cross, Lead Hook Punch, Lead Round House Kick	Jab, Rear Upper Cut, Lead Hook, Cross, Rear Front Kick, Lead Round House Kick
Rear Front Kick, Jab, Cross, Lead Hook Punch, Lead Round House Kick, Rear Round House Kick	Lead Side Kick, Jab, Cross, Lead Hook Punch, Rear Round House Kick	Jab, Rear Hook Punch, Lead Hook Punch, Lead Round House Kick	Double Jab, Cross, Rear Elbow, Rear Driving Knee	Jab, Cross, Rear Knee, Jab, Cross, Rear Leg Kick

YELLOW

NINJA KIDS, TEENS & ADULTS - ORANGE BELT

ORANGE

Jab, Cross, Jab Double Side Kick	Jab, Cross, Jab, Double Round House Kick	Jab, Cross, Jab, Lead Hook Kick	Jab, Cross, Jab, Lead Hook Kick, Turning Side Kick	Jab, Cross, Jab, Lead Side Kick/Round Kick (Double)
Double Jab, Body Cross, Lead Hook Punch, Double Lead Round House Kick	Double Jab, Body Cross, Lead Hook Punch, Rear Round House Kick	Cross, Lead Hook Punch, Cross, Lead Round House Kick, Turning Side Kick	Lead Back Fist, Lead Hook Kick, Reverse Punch, Rear Hook Kick	Jab, Lead Side Kick, Cross, Rear Side Kick
Jab, Cross, Rear Forward Knee, Rear Leg Kick	Grab Rear Knee, Jab, Cross, Lead Inside Leg Kick, Rear Knee	Jab, Cross, Step Behind Take Down, Cross Punch	Full Mount Escape, Buck, Grab, Roll to Full Mount	Full Guard Sweep in To Full Mount
Head Lock Escape, Leg Stamp	Jab, Cross, Leg Catch, Hook, Single Leg Take Down	Lead Inside Leg Kick, Cross, Jab, Rear Round House Kick	Lead Front Kick, Cross, Jab, Rear Front Kick, Jab Side Kick	Lead Uppercut, Jab, Cross, Rear Axe Kick
Jab, Cross, Rear Knee, Lead Round House Kick, Rear Leg Kick	Jab, Rear Uppercut, Lead Hook Punch, Rear Hook Punch, Lead Body Round Kick	Double Jab, Cross, Lead Hook, Cross, Lead Upper Cut, Cross	Double Jab, Cross, Lead Hook Punch, Lead Back Fist, Cross	Jab, Cross, Lead Hook, Cross, Jab, Cross, Jab, Cross, Lead Hook, Cross

NINJA KIDS, TEENS & ADULTS - GREEN BELT

Step Forward Rear Side Kick, Step Backwards Lead Defensive Side Kick, Step Right Lead Side Kick, Step Left Rear Side Kick	Jab, Cross, Lead Hook Punch, Lead Round Kick, (take a full step back opposite stance) Jab, Cross, Lead Hook Punch, Lead Round House Kick (Repeat)	Cautiously Creeping Forward, Execute combination of your choice, Glide back inviting your opponent forward, Break the line of attack using a quarter turn then counter	Consecutive Rear Round House Kick (going forward) Lead Round House Kick (Going Backwards) Repeat Using Side Kick	Defensive Side Kick & Front Kick, Pushing the attacker backwards
Slip Right, Slip Left, Lead Hook Punch, Cross, Lead Round Kick	Jab, Cross, Clockwise Role, Lead Hook Punch	Jab, Cross, Anti-Clockwise, Cross, Lead Round House Kick	Double Jab, Cross, Lead Hook, Clockwise Roll, Lead Hook, Rear Hook, Anti-Clockwise Roll	Slip Right, Cross Counter, Lead Hook, Clockwise roll, Lead Hook, Rear Leg Kick
High Smother, Slip Right, Slip Left, Lead Hook Punch, Rear Hook Punch (Body) Lead Hook Punch	Half Clock Block, Cross Counter, Anti Clockwise Roll, Cross, Lead Hook, Cross	Back Fist, Reverse Punch, Lead Round House Kick, Cross, Jab, Rear Round House Kick	Left Hand Parry, Right Hand Parry, Jab, Cross, Jab Rear Push Kick	Block opponents Lead Round House Kick/Counter Turning Side Kick
High Smother, Jab, Cross, Jab, Read Round House Kick	Half Clock Block (opponents Lead body Round House Kick) Jab High, Cross Body, Lead Uppercut, Rear Uppercut	Reverse Punch, Back Fist, Lead Round House Kick, Turning Side Kick	Right Hand Parry, Left Hand Parry, Cross, Jab, Cross, Lead Push Kick	Block Opponents Lead Round House Kick/Counter Spin Hook Kick
Pull Back, Cross Counter, Lead Round House Kick, Cross, Lead Hook Punch, Rear Leg Kick	Half Clock Block, Cross, Jab, Cross, Lead Hook Punch, Rear Hook Punch, Turning Side Kick	Back Fist, Reverse Punch, Rear Ridge Hand, Lead Round House Kick, Rear Side Kick	Slip Left, Lead Hook, Cross, Lead Hook, Rear Round House Kick	Lead Front Kick, Left Palm Block Cross, Jab, Lead Round Kick, Rear Round Kick

GREEN

MORE FOCUS



MORE RESILIENCE

NINJA KIDS, TEENS & ADULTS - BLUE BELT

BLUE

Spin Hook Kick, Turning Side Kick (Same Leg)	Cross, Lead Upper Cut, Rear Hook Punch, Lead Hook, Rear round House to The Body	Lead Axe, Cross, Lead Hook Punch, Rear Leg Kick, Rear Body Round House Kick, Rear Round House Kick (Head Height)	Lead Hook/Round Kick Cross, Jab, Rear Hook/Round Kick	Rear Front Kick, Rear Round Kick land (opp stance) Cross Lead Hook, Rear Body Round House Kick
Jab, Cross, Lead Hook Punch, Clock - Wise Roll, Lead Hook Punch, Cross, Spin Hook Kick	Cross, Lead Upper Cut, Rear Hook Punch, Anti Clock-Wise Roll, Cross Turning Side Kick	Blitz Attack, Back Fist, 2 x Straight Punch, Spin Hook Kick	Jab, Cross, Rear leg Outside Sweep (Both Stances)	Lead Inside Sweep, Cross, Jab, Rear Round House Kick, Spin Hook Kick (Left Leg)
Catch Opponents Round Kick, Sweep Supporting Leg, Cross Punch (Downwards Angle)	Lead Axe Kick, Cross, Jab, Rear Outside Sweep, Spin Hook Kick (Left Leg)	Double Lead Round House, Cross, Jab, Double Rear Round House Kick	Lead Front Kick, Lead Axe, Cross, Lead Hook Punch, Spin Hook Kick	Double Jab, Cross, 5 x Hook Punches Starting Lead To Body (ascending) Lead Round House Kick
Jab, Rear Shovel Hook, Lead Shovel Hook, Rear Hook Punch, Lead Hook, Rear Body Round House Kick	Rear Hook Punch, Lead Hook Punch, Rear uppercut, Clock Wise Roll, Cross, Lead Side Kick	Lead Inside Sweep, Lead Side Kick, Rear Round House Kick, Turning Side Kick	Cross, Lead Side Kick, Cross Lead Round House Kick, Cross Lead Hook Kick, Turning Side Kick	Cross, Jab, Superman Punch, Jab, Cross, Rear Round House Kick
Lead Side Kick, Cross, Lead Hook Punch, Rear Round House Kick, Spin Hook Kick (Either Leg)	Clock Wise Roll, Lead Hook Punch, Cross, Rear Push Kick, Turning Side Kick	Lead Inside Leg Kick, Jab, Cross, Jab, Rear Axe Kick, Turning Side Kick	Slip Right, Cross, Anti-Clockwise, Cross, Lead Hook Punch, Rear Round House Kick	Slip Left, Lead Hook Punch, Lead Round Kick, Cross, Rear Round House Kick

NINJA KIDS, TEENS & ADULTS - PURPLE BELT

PURPLE

High Smother, Jab, Cross, Clockwise Role, Anti-Clockwise Role, Rear Hook Punch, Lead Hook Punch	Parry Opponents Jab, Body Jab, Cross, Lead Hook Punch, Body Lead Round House Kick, Rear Round House Kick	Scoop Away (Half Clock Block) Opponents Front Kicks, (Practise Both Legs) Sweep Landing Leg	Cross, Lead Uppercut, Rear Hook, Anti-Clockwise Roll, Cross, Lead Hook Punch, Rear Round House Kick	High Smother, Cross, Jab, Rear Front Kick, Rear Round House Kick, Turning Side Kick
Parry Opponents Cross, Body Cross Counter, Lead Hook Punch, Rear Hook Punch, Lead Hook Kick	Fake the Cross, Double Lead Hook Punch, Cross, Lead Side Kick, Turning Side Kick	Rear Palm Block, Lead Palm Block, Lead Front Kick, Jab, Cross, Rear Forward Knee, Step Behind Take Down	Lead Inside Sweep, Lead Backfist, Reverse Punch, Jump Turning Side Kick	Rear Outside Sweep, Spin Hook Kick, (Opposite Stance) Jab, Cross, Rear Round House Kick
Double Jab, Rear Uppercut, Lead Hook Punch, Lead Round House Kick, Rear Round House Kick, Turning Side Kick	Cross, Lead Uppercut, Rear Hook Punch, Spin Hook Kick, Turning Side Kick	Jab, Cross, Rear Ridge Hand, Lead Side Kick, Spin Hook Kick	Anti-Clockwise Roll, Cross Lead Hook Punch, Cross, High Smother, Jab, Cross, Rear Axe Kick	Lead Uppercut, Jab, Cross, Jab, Rear Hook Kick, Turning Side Kick
Double Lead Side Kick, Cross, Jab, Rear Hook Kick, Spin Hook Kick	Cross, Lead Hook, Rear Uppercut, Lead Hook Punch, Rear Hook Punch, Lead Round House Kick	Spin Hook Kick, Cross, Jab, Jump Turning Side Kick	Jab, Hook Kick/ Round Kick, Body Cross, Jab, Cross, Jab, Rear Round House Kick	Jab, Cross, Rear Rising Elbow, Lead Elbow, Cross, Jumping Knee
Jab, Lead Elbow, Cross, Rear Elbow, Rear Knee strike, Rear Leg Kick, Rear Round House Kick	Jab, Cross, Full Step Back, Cross, Lead Side Kick/Round Kick, Cross, Jab, Rear Round House Kick	Jab, Cross, Rear Front Kick, Cross, Jab, Rear Spinning Back Fist	Cross, Lead Hook, Cross, Lead Uppercut, Rear Hook Punch, Grab, Rear Knee Strike	Jab, Lead Uppercut, Over Hand Right, Lead Shovel Hook, Rear Shovel Hook, Rear Leg Outside Sweep

NINJA KIDS, TEENS & ADULTS - BROWN BELT

BROWN

Lead Jumping Side Kick, Cross, Jab, Jump Turning Side Kick	Jab, Cross, Pull Back, Cross, Lead Hook Punch, Rear Uppercut, Anti-Clockwise Roll, Cross, Double Jab	Lead Front Kick/ Lead Axe Kick, Jab, Cross, Lead Hook Punch, Rear Leg Kick	Clockwise Roll, Lead Hook Punch, Rear Round House Kick, Turning Side Kick (Both Stances)	Jump Rear Side Kick, (opposite Stance) Cross, Jab, Cross, Jump Turning Side Kick
Cross, Jab, Rear Side Kick, (Opposite Stance) Lead Back Fist, Cross Punch, Spin Hook Kick	Rear Round House Kick/Side Kick, (Opposite Stance) Cross, Lead Hook Punch, Rear Round House Kick	Block Opponents Lead Hook Punch, Wrap it up...Block Opponents Rear Hook Punch, Wrap it Up, Turn Your Opponent, Jump Turning Side Kick	Half Clock Block Rear Hand Scooping Opponents Rear Front Kick, Lead Hook Punch, Rear Hook Punch, Rear Push Kick	Jab, Cross, High Smother, Cross, Jab, Rear Front Kick, Rear Round House Kick, Spin Hook Kick
Body Cross, Cross, Lead Hook Punch, Rear Uppercut, Grab Rear Knee, Jump Turning Side Kick	Lead Inside Block, Cross, Jab, Rear Front Kick, Jab, Cross, Rear Axe Kick, Spin Round House Kick	Parry Opponents Cross, Cross, Rear Hook Kick/Round House Kick, Turning Side Kick	Lead Front Kick, Rear Hook Punch, Grab, Rear Knee, Jab, Cross, Jab, Rear Leg Kick, Spin Hook Kick	Rear Uppercut, Lead Hook Punch, Spin Hook Kick, Blitz Attack, Rear Round House Kick
Jab, Cross, Slip Right, Rear Uppercut, Clockwise Roll, Lead Hook, Rear Round House Kick, Turning Side Kick	Jab, Cross, Slip Left, Lead Uppercut, Cross, Anti-Clockwise Roll, Rear Hook, Lead Hook, Cross, Rear Push Kick	Counter Opponents Lead Round House Kick with a Spin Hook Kick, Cross, Jab, Rear Round House Kick, Turning Side Kick	Jab Cross, Side Step Right, Cross, Jab, Rear Axe Kick, Turning Side Kick	Lead Round House Kick, Cross, Lead Hook Punch, Spin Hook Kick, Rear Round house Kick, Turning Side Kick
Double Jab, Cross, Lead Hook, Cross, Lead Uppercut, Cross, Lead Round House Kick, Rear Round House Kick, Turning Side Kick	Step Back Defensive Side Kick, Body Cross, Lead Body Hook punch, Lead Hook, Rear Front Kick, Rear Round House Kick	Step Back Defence Hook Kick, Back Fist, Reverse Punch, Rear Ridge Hand, Rear Hook Kick, Turning Side Kick	Rear Hook Punch, Lead Uppercut, Rear Uppercut, Lead Hook Punch, Clockwise Roll, Lead Hook Punch, Lead Round House Kick	Jumping Front Kick, Cross, Jab, Jump Rear Round House Kick

NINJA KIDS, TEENS & ADULTS - SENIOR BROWN BELT

Jab, Cross, Lead Elbow Strike, Rear Body Hook Punch, Lead Body Hook Punch, Rear Rising Elbow, Grab, Lead Forward Knee, Rear Leg Kick

Slip Left, Slip Right, Cross, Jab, Rear Hook Punch, Lead Round House Kick, Rear Leg Kick

Slip Left, Anti-Clockwise Roll, Cross, High Smother, Jab, Cross, Lead Hook Punch, Rear Round House Kick

Jab, Switch Hit Cross, (Opposite Stance) Lead Body Hook Punch, Lead Hook Punch, Cross, Lead Hook Punch, Lead Round House Kick, Rear Front Kick

Jab, Cross, Switch Hit Rear Hook Punch (Opposite Stance) Lead Hook Punch, Double Lead Side Kick, Turning Side Kick

Rear Round House Kick, High Smother (Opposite Stance) Cross, Jab, Rear Leg Axe Kick, Turning Side Kick

Double Lead Round House Kick, Cross, Jab, Cross, Double Rear Round/Side House

Double Jab, Cross, Switch Hit Rear Body Hook Punch (Opposite Stance) Lead Body Hook Punch, Lead Hook Punch, Lead Double Round House Kick

Lead Inside Sweep, Cross, Switch Hit Cross, (opposite Stance) Lead Hook Punch, Rear Hook Punch, Spin Hook Kick

Lead Inside Sweep, Lead Hook Kick, Spin Hook Kick, Super Man Punch, Jump Turning Side Kick

Pull Back Cross Counter, Lead Hook Punch, Rear Hook Punch Body, Lead Hook Punch, Cross, High Smother, Anti-Clockwise Roll, Cross, Turning Side Kick

Side Step Right, Reverse Punch, Lead Back Fist, Rear Round House Kick, Spin Hook (Opp Leg)

Lead Front Kick, Cross, Jab, High Smother, Jab, Cross, Anti-Clockwise Roll, Cross, Lead Hook Punch, Rear Body Hook Punch, Lead Hook Punch, Rear Leg Kick

Lead Hook Kick/Round Kick, Cross, Lead Body Hook Punch, Rear Shovel Hook, Rear Over Hand Right, Lead Inside Sweep, Cross

Side Step Left, Left Quarter Turn, Rear Round House Kick, (opp Stance) Cross, Lead Body Hook Punch, Lead Hook Punch, Lead Double Side/Round Kick

Side Step Right, Right Quarter Turn (opp Stance) Double Jab, Body Cross, Lead Uppercut, Rear Hook Punch, Rear Side Kick

Left High Cover, Cross, Slip Right, Cross, Jab, Cross, Pull Back, Cross, Lead Hook Punch, Question Mark Kick

Right High Cover, Lead Hook, Clockwise Roll, Lead Hook Punch, Cross, High Smother, Jab, Cross, Rear Push Kick

Defensive Side Kick, Body Cross, Spin Hook Kick, Pull Back, Cross, Lead Hook Punch, Rear leg Kick

Pull Back, Cross, Lead Hook Punch, Clockwise Roll, Lead Hook Punch, Left High Cover, Cross

Scissor Front Kick, Cross, Lead Hook Punch, Cross, Lead Inside Leg Kick, Rear Round House Kick

Jab, Cross, Slip Right, Cross, Lead Uppercut, Cross, Rear Axe Kick, Spin Hook Kick, Turning Side Kick

Rear Front Kick, Jab, Cross, Jab, Double Lead Round House Kick, Slip Left, Lead Hook Punch, Cross, Lead Hook Punch

Left High Cover, Rear Uppercut, Lead Hook Punch, Right High Cover, Lead Uppercut, Rear Hook Punch

Right High Cover, Left High Cover, Rear Hook Punch, Anti Clockwise Roll, Cross, Turning Side Kick

SENIOR BROWN

NINJA KIDS, ADULTS RED / BLACK BELT



RED / BLACK

Left Palm Block, Cross, Double Lead Side Kick, Cross, Lead Hook Punch, Rear Hook Punch, Lead Round House Kick

Right Palm Block, Double Jab, Cross, Anti-Clockwise Roll, Cross, Right High Cover, Lead Hook, Clockwise Roll, Lead Hook Punch, Cross, Rear Round House Kick

Rear Front Kick, Jab, Cross, Jab Lead Fake Front Kick/Rear Round (Switch Kick) (opp Stance) Cross, Lead Hook Punch, Cross, Lead Side Kick, Turning Side Kick

Lead Push Kick, Rear Axe Kick, Turning Side Kick, Left Hand Parry, Cross, Lead Hook Punch, Rear Leg Kick

Rear Fake Front Kick, Lead Round Kick (Switch Kick) Cross, Double Jab, Slip Right, Cross, Lead Round House Kick

Pull Back, Cross, Slip Right, Cross, Lead Hook Punch, Rear Body Hook Punch, Lead Hook Punch, Rear Uppercut, Full Step Back, Cross (opp Stance) Lead Leg Kick

Double Jab, Cross, Lead Hook Punch, Rear Uppercut, Lead Hook Punch, Clockwise Roll, Lead Hook Punch, Rear Uppercut, Grab Rear Knee

Cross, Lead Hook/Round House Kick, Slip Right, Slip Left, Jab, Cross, Jab, Rear Round House Kick

High Right Hand Cover, Lead Hook Punch, Body Cross, Lead Uppercut, Rear Hook Punch, Anti-Clockwise Roll, Cross, Lead Round House Kick

Anti-Clockwise Roll, Cross, Lead Hook Punch, Cross, Rear Hook Kick/Round House

Jab, Rear Body Hook Punch, Lead Round House Kick, Rear Front Kick, Cross, Lead Hook Punch, Rear Leg Kick

Twisting Left Inside Block, Rear Hook Punch, Rear Jumping Knee, Jab, Cross, Jab, Turning Side Kick

Twisting Right Inside Block, Lead Hook Punch, Body Cross, Jab, Cross, Jab, Lead Round House, Rear Push Kick

Slip Right, Rear Uppercut, Lead Hook Punch, Lead Round House Kick, Cross, Rear Round House Kick

High Smother, Side Step Right, Cross, Jab, Lead Side Kick, Cross, Jab, Rear Front Kick

Cross, Jab, Cross, Jab, Lead Jumping Front Kick, Jump Turning Side Kick

Pull Back, Cross, Jab, Clockwise Roll lead Hook Punch, Lead Round House, Cross, Rear Round House Kick

Jumping Rear Knee, Lead Elbow, Rear Elbow, Jab, Cross, Jab, Lead Jumping Side Kick

Rear Round House Kick X 3 Leg, Body, Head (Both Stances) Continuously and Fluent

Jab, Cross, Lead Elbow, Grab, Rear Knee, Jab, Cross, Jab, Spin Hook Kick, Turning Side Kick (Same Leg)

High Smother, Slip Left, Lead Hook Punch, Cross, Right High Cover, Jab, Cross, Left High Cover, Cross, Lead Uppercut, Cross

Double Jab, Cross, Lead Inside Sweep, Jab, Cross, Rear Outside Sweep, Turning Side Kick

Left Palm Block, Right Hand Parry, Double Jab, Cross, Lead Shovel Hook, Over Hand Right, Lead Round House Kick

Right Palm Block, Double Jab, Rear Uppercut, Lead Hook Punch, Rear Round House Kick

Slip Right, Cross, Body Jab, Jab, Cross, Anti-Clockwise Roll, Cross, Lead Hook Kick

THE BLACK BELT TEST

This information is for guide purposes only. Please be aware, it may be necessary to change the contents on the day of the test.

WARM UP

30 - 45 MINUTES INTENSE

PAD WORK

10 ROUNDS - 2 MINUTES EACH ROUND

1. Jab, Jab, Cross
2. High Smother, Cross, Lead Hook, Cross
3. Lead Roundhouse, Jab, Cross, Lead Push Kick
4. Slip Right, Slip Left, Jab, Cross, Rear Round House
5. Jab, Lead Side Kick, Jab, Lead Roundhouse, Jab, Lead Hook Kick
6. Double Sidekick, Turn Side Kick, Lead Hook Kick
7. Jab, Body Cross, Jab, Lead Roundhouse, Spin Hook Kick, Lead Roundhouse
8. Jab, Rear Uppercut, Jab, Cross, Lead Uppercut
9. Jab, Step Right, Lead Sidekick, Spinning Hook Kick
10. Jab, Cross, Rear Axe Kick

BAG WORK

10 ROUNDS

Showing movement, variety of techniques and Intensity at times.

SPARRING

10 ROUNDS

Showing skill and determination

4 ONTO 1 SPARRING

(1 person in every 30 seconds)

THE BLACK BELT TEST

MORE FITNESS MORE MOTIVATION



OUR LOCATIONS

Thorp Arch Martial Arts

Block 2, Unit E,
Marritree Business Park
Rudgate
Thorp Arch
Wetherby, LS23 7QA
01937 203679

Haxby Martial Arts

Haxby Sports Bar
64 North Lane,
Haxby
York YO32 3JP
01904 307606

Selby Martial Arts

The Warehouse
Douglas Street
Selby
YO8 4AF
01757 548038

Acomb Martial Arts

201 Acomb Rd
York
YO24 4HD
01904 307606

Heworth Martial Arts

Heworth Without
Community Centre
Applecroft Road
YO31 0HG
01904 307606

Doncaster Martial Arts

429 Bentley Road
Doncaster
DN5 9TJ
01302 454045

Epworth Martial Arts

Epworth Imperial Hall,
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