

BLACK
(Eleventh Belt/Grade)

Minimum Training Time:
12 Months (52 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

1. Jab
 2. Cross
 3. Uppercut
 4. Hook
 5. Bolo Punch (Head)
 6. Back Fist
 7. Bolo Punch (Chest)
 8. Double Jab
 9. [*Moving Around*] Jab [*On Count*]
 10. [*Moving Around*] Double Jab [*On Count*]
 11. [*Moving Around*] Triple Jab [*On Count*]
 12. Jab
 - Uppercut
 - [Alt Arms]
 13. Double Jab
 - Hook (Body)
 14. Jab
 - Cross
 - Uppercut
 - Uppercut
 - Hook
 - Hook
 - Back Fist
 - [Alt Arms]
 15. [*Moving Forward*] Double Jab
 - Hook (Head)
 - Uppercut (Body)
 - Hook (Head)
 - [Alt Arms]
 16. Stepping Through Jab
 - Cross
 - [Alt Arm & Leg]
 - Hook
 - Uppercut
 - [Same Arm]
 - Cross
 - Double Jab
 - Cross
 17. [*Moving Around*] [*On Count*] Cross
 - Jab
 - Uppercut
 18. Cross
 - Hook
 - Uppercut
 - Hook
 - Cross
 19. Jab
 - Uppercut
 - Hook
 - [Same Arm]
 20. Jumping Back Fist
 - Cross
 - Back Fist
 - Spinning Back Fist
 - Hook
 - [Alt Arms]
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Basic Kicks

1. Front Kick [FL]
 2. Front Kick [BL]
 3. Roundhouse Kick [FL]
 4. Roundhouse Kick [BL]
 5. Side Kick [FL]
 6. Side Kick [BL]
 7. Axe Kick [FL]
 8. Axe Kick [BL]
 9. Hook Kick [FL]
 10. Hook Kick [BL]
 11. Inverted Crescent Kick [FL & BL]
 12. Spinning Crescent Kick
 13. Sliding Side Kick
 14. Hopping Front Kick
 - Jumping Roundhouse Kick
 15. Sliding Axe Kick [FL]
 16. Jumping Roundhouse Kick [FL & BL]
 17. Inside Crescent Kick [FL & BL]
 18. Jumping Spinning Hook Kick
 19. Jumping Spinning Axe Kick
 20. Jumping Spinning Crescent Kick
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Combinations

1. Jab
 - Cross
 - Double Jab
 - Roundhouse Kick
 - Back Kick
 - Jumping Inside Crescent Kick
 - Jab
 - Uppercut (Body)
 - Hook (Head)
 - Uppercut (Jaw)
 2. Jab
 - Inverted Crescent Kick [FL]
 - Back Fist
 - Side Kick [FL]
 - Roundhouse Kick
 - Side Kick
 - Hook Kick
 - [Same Leg]
 - Axe Kick
 - Jumping Front Kick [BL]
 3. Jumping Spinning Crescent Kick
 - Jab
 - Cross
 - Jumping Front Kick [FL]
 - Jumping Front Kick [BL]
 - Jumping Roundhouse Kick
 - Jumping Spinning Hook Kick
 - Back Fist
 - Cross
 - Uppercut
 - Hook
 - [Alt Arms]
 4. Spinning Hook Kick
 - Roundhouse Kick
 - Jumping Roundhouse Kick
 - [Alt Legs]
 - Jab
 - Cross
 - Sliding Side Kick
 - Hopping Side Kick
 - Back Kick
 - Cross
 - Jab
 5. Inverted Crescent Kick [BL]
 - Jab
 - Sliding Side Kick [FL]
 - Jumping Back Kick
 - Jumping Inside Crescent Kick
 - Spinning Crescent Kick
 - Cross
 - Hook
 - [Same Arm]
 6. Jab
 - Double Jab
 - Hook (Body)
 - Axe Kick
 - Jumping Roundhouse Kick
 - Back Fist
 - Spinning Hook Kick
 - Jumping Roundhouse Kick
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Blocks & Counters

1. **Outside Shin Block [BL]**
{Counter Roundhouse Kick
– Side Kick
[Same Leg]
– Back Fist
– Cross}
 2. **Side Body Block**
{Counter Uppercut (Body) [BA]
– Jumping Front Kick [BL]
– Jab – Hook (Body)
– Hook (Head)}
 3. **Front Head Block**
{Counter Front Kick [FL]
– Jumping Back Kick
– Jumping Inside Crescent Kick}
 4. **Inside Shin Block [BL]**
{Counter Spinning Hook Kick
– Jumping Roundhouse Kick
[Same Leg]
– Hook
– Cross}
 5. **Side Head Block**
{Counter Hook (Body) [BA]
– Spinning Hook Kick
– Roundhouse Kick
[Same Leg]
– Sliding Axe Kick [BL]
– Jab
– Hook
– Uppercut
[Alt Arms]}
 6. **Downward Cross Block**
{Counter Back Fist
– Hook
– Roundhouse Kick
– Side Kick
– Hook Kick
[Alt Legs]}
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Pad Work

(5 X 3 Minute Rounds)

Sparring

With Protective Equipment

(5 X 3 Minute Rounds)

Self Defence Techniques (X 6)

Groundwork Techniques (X 4)

Teaching Experience

(All Grades to Brown Belt)

Referee Experience

Fitness & Agility

(20 Minutes) Skipping

(80) Press Ups

(80) Sit Ups

(40) Burpees

(50) Squat Thrusts
