



Fire Phoenix Martial Arts



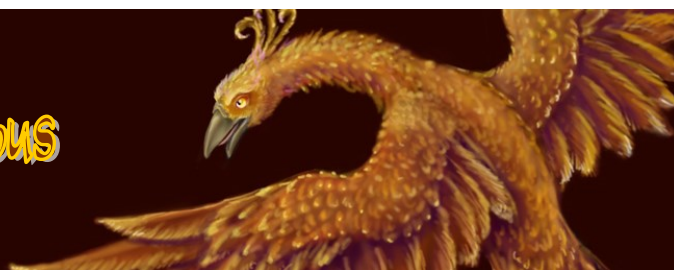
Blue Phoenix

Grading Syllabus



Children 5-8 Years Old

# White Belt Grading Syllabus



**WHITE BELT THEME** 'The biggest journey starts with a single step'

## FIRST TIP

**STANCES** Sparring Stance Attention  
Jhoon Bee

## SECOND TIP

**PUNCHING** Jab Cross  
Hook Uppercut

## THIRD TIP

**KICKING** Front Kick Knee Strike

## FOURTH TIP

**BLOCKING** Upper Block Inner Block  
Outer Block

## FIFTH TIP

**KICKING** Back Kick Turning Kick

## SIXTH TIP

**APPLICATIONS** Step Sparring

**BELT SEQUENCES** Jab, Cross, Front Kick, Knee Strike  
Hook, Uppercut, Turning Kick, Back Kick

## GRADING TO ORANGE BELT

**EXPERIENCE** At least 12 Martial Arts Classes

**FITNESS** 5 consecutive Push Ups

**KNOWLEDGE** Demonstrated obedience to Dojo rules



# Orange Belt Grading Syllabus



## ORANGE BELT THEME

'Hands are for helping, not hurting'

## FIRST TIP

### STRIKING

Knifehand Strike

## SECOND TIP

### BLOCKING

Cover Blocks

Lower Block

## THIRD TIP

### KICKING

Inner Crescent

Outer Crescent

## FOURTH TIP

### STRIKING

Inner Knifehand

Downward Knifehand

## FIFTH TIP

### KICKING

Stepping Side Kick

Jumping Front Kick

## SIXTH TIP

### APPLICATIONS

Step Sparring

### BELT SEQUENCES

Inner Crescent Kick, Stepping Side Kick, Knifehand Strike

Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

## GRADING TO YELLOW BELT

### EXPERIENCE

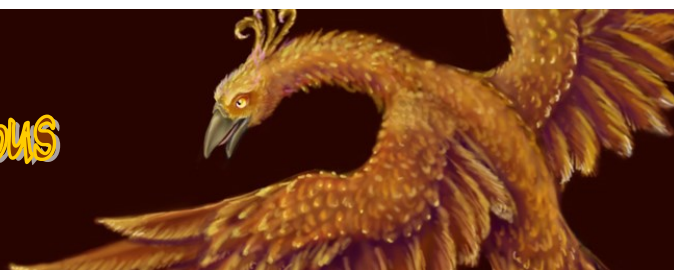
At least 12 Martial Arts Classes

### FITNESS

10 consecutive Push Ups



# Yellow Belt Grading Syllabus



**YELLOW BELT THEME** 'Martial Artists make good choices'

## FIRST TIP

**STRIKES** Elbow Strike Backward Elbow Strike

## SECOND TIP

**KICKING** Double Turning Kick Sliding Front Kick

## THIRD TIP

**STRIKING** Upwards Elbow Strike Dropping Elbow Strike

## FOURTH TIP

**KICKING** Side Kick Turning Back Kick

## FIFTH TIP

**BELT SEQUENCES** Sliding Front Kick, Double Turning Kick, Backward Elbow Strike  
Side Kick, Turning Back Kick, Elbow Strike

## SIXTH TIP

**APPLICATIONS** Step Sparring

## GRADING TO GREEN BELT

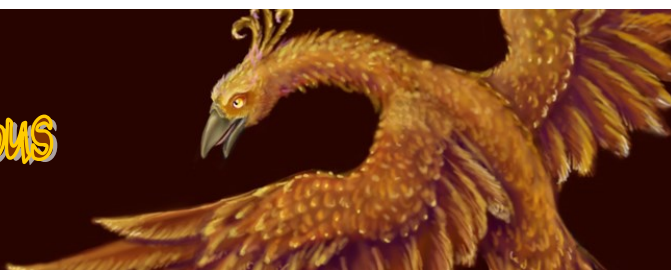
**EXPERIENCE** At least 12 additional Martial Arts Classes

**FITNESS** 10 consecutive Push Ups

**KNOWLEDGE** Demonstrates how to make good choices in Martial Arts classes



# Green Belt Grading Syllabus



## GREEN BELT THEME

'Martial Artists have the power to carry on'

## FIRST TIP

### BLOCKS

Upper X Block

Lower X Block

## SECOND TIP

### STRIKES

Front Backfist

Upwards Backfist

## THIRD TIP

### KICKING

Hook Kick

Axe Kick

## FOURTH TIP

### STRIKES

Spinning Backfist Strike

Spinning Knifehand Strike

Spinning Elbow Strike

## FIFTH TIP

### STRIKES

Double Crescent Kick

Jumping Turning Kick

## SIXTH TIP

### APPLICATIONS

Step Sparring

### BELT SEQUENCES

Double Crescent Kick, Spinning Backfist Strike

Axe Kick, Hook Kick, Spinning Elbow Strike

## GRADING TO BLUE BELT

### EXPERIENCE

At least 12 additional Martial Arts Classes

### FITNESS

10 consecutive Push Ups

### KNOWLEDGE

Demonstrated Strength to carry on and repel attacks



# Blue Belt Grading Syllabus



## BLUE BELT THEME

'Notice that the stiffest tree is most easily cracked, while the Bamboo survives by bending with the wind'

## FIRST TIP

### STRIKING

Ridgehand Strike

Inner Ridgehand Strike

## SECOND TIP

### KICKING

Spinning Crescent Kick

## THIRD TIP

### BLOCKING

Rolling Block

## FOURTH TIP

### KICKING

Spinning Hook Kick

## FIFTH TIP

### STRIKING

Hammer Fist Strike

Vertical Fist Punch

## SIXTH TIP

### APPLICATIONS

Step Sparring

### BELT SEQUENCES

Turning Kick, Spinning Hook Kick, Hammer Fist Strike

Inner Crescent, Spinning Crescent, Hammer Fist, Spinning Hook Kick

## GRADING TO PURPLE BELT

### EXPERIENCE

At least 15 additional Martial Arts Classes

### FITNESS

15 consecutive Push Ups

### KNOWLEDGE

Demonstrated ability to respond appropriately to a variety of attacks



# Purple Belt Grading Syllabus



<b>PURPLE BELT THEME</b>	'Motivation is what gets you started. Habit is what keeps you going'	
<b>FIRST TIP</b>		
<b>STRIKING</b>	Jump Spinning Backfist Jump Spinning Elbow	Jump Spinning Knifehand
<b>SECOND TIP</b>		
<b>STRIKING</b>	Rolling Blocks into strikes	
<b>THIRD TIP</b>		
<b>KICKING</b>	Jumping Inner Crescent	
<b>FOURTH TIP</b>		
<b>KICKING</b>	Jumping Outer Crescent	
<b>FIFTH TIP</b>		
<b>STRIKING</b>	Crane Strikes - Upward, Forward, Outward	
<b>SIXTH TIP</b>		
<b>APPLICATIONS</b>	Step Sparring	
<b>BELT SEQUENCES</b>	Jumping Inner Crescent, Jump Spinning Elbow Strike, Jumping Front Kick Flying Side Kick, Jumping Outer Crescent , Jump Spinning Backfist Strike	
<b>GRADING TO BROWN BELT</b>		
<b>EXPERIENCE</b>	At least 15 additional Martial Arts Classes	
<b>FITNESS</b>	15 consecutive Push Ups	
<b>KNOWLEDGE</b>	Demonstrated ability to motivate Junior Grade students in class	



# Brown Belt Grading Syllabus



**BROWN BELT THEME** 'It does not matter how slowly you go so long as you do not stop'

## FIRST TIP

STRIKING Rolling Blocks into Strikes

## SECOND TIP

KICKING Sliding Axe Kick

## THIRD TIP

KICKING Jumping Back Kick

## FOURTH TIP

KICKING Sliding Hook Kick

## FIFTH TIP

RELEASES X Same Hand Grab X Double Hand Grab

X Cross Hand Grab X Choke

## SIXTH TIP

APPLICATIONS Step Sparring

BELT SEQUENCES Sliding Hook Kick, Spinning Hook Kick, Front Leg Hook Kick  
Sliding Axe kick, Jump Turning Back Kick, Front Leg Axe Kick

## GRADING TO RED BELT

EXPERIENCE At least 20 additional Martial Arts Classes

FITNESS 20 consecutive Push Ups

KNOWLEDGE Demonstrated ability to perform at a variety of speeds





# Red Belt Grading Syllabus



<b>RED BELT THEME</b>	When you aim for perfection, you discover it is a moving target'	
<b>FIRST TIP</b>		
<b>STRIKING</b>	Random Striking Combinations	
<b>SECOND TIP</b>		
<b>KICKING</b>	Random Kicking Combinations	
<b>THIRD TIP</b>		
<b>RELEASES</b>	Release and Counter	
	X Same hand Grab	X Cross hand Grab
	X Double Hand Grab	X Choke
<b>FOURTH TIP</b>		
<b>KICKING</b>	Jump Spinning Crescent Kick	Jumping Axe Kick
<b>FIFTH TIP</b>		
<b>WEAPONRY</b>	Personal Choice Weapon	
<b>SIXTH TIP</b>		
<b>APPLICATIONS</b>	Step Sparring	
<b>BELT SEQUENCES</b>	Spinning Turning, Spinning Hook, Advanced Jumping Front Kick Jumping Axe Kick, Jump Spinning Inner Crescent, Spinning Knifehand Strike	
<b>GRADING TO BLACK BELT</b>		
<b>EXPERIENCE</b>	At least 20 additional Martial Arts Classes	
<b>FITNESS</b>	30 consecutive Push Ups	
<b>KNOWLEDGE</b>	Demonstrated ability to apply new combinations and responses in Sparring, Self Defence and Weaponry situations	
<b>APPLICATIONS</b>	Combinations of techniques Escapes from punches and kicks	



# Dojo Rules



**THE DOJO IS A SPECIAL PLACE BECAUSE WE TREAT IT SPECIALLY.**

Here are our Dojo Rules which outline how to keep this a truly special place

## **RESPECTFUL BEHAVIOUR**

Students treat their Instructors and fellow students with respect

Students treat their School with respect

Students treat the training equipment with respect

## **RESPONSIBLE BEHAVIOUR**

Students wear their correct uniform and Belt to each class

Students bring their own drink bottles to each class

Students watch out for the safety of their fellow students

## **COURTEOUS BEHAVIOUR**

Students bow at the appropriate time, such as when they enter the training area

Students address their Instructors by their teaching titles

Students make each other feel comfortable and safe in each class they attend

