



# Fire Phoenix Martial Arts

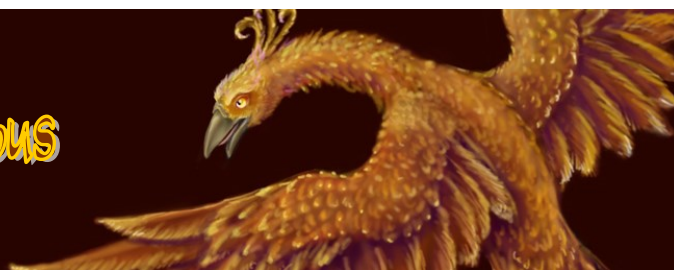


Green Phoenix  
Grading Syllabus



Children 2-5 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

**SPARRING** 3 Strike Blocking Sequence

## GRADING TO ORANGE BELT

**EXPERIENCE** At least 12 Martial Arts Classes

**FITNESS** 5 consecutive Push Ups

**KNOWLEDGE** Demonstrated obedience to Dojo rule



# 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 Downwards Knifehand

## FIFTH TIP

KICKING Stepping Side Kick Jumping Front Kick

## SIXTH TIP

SPARRING 3 Strike Block and Counter

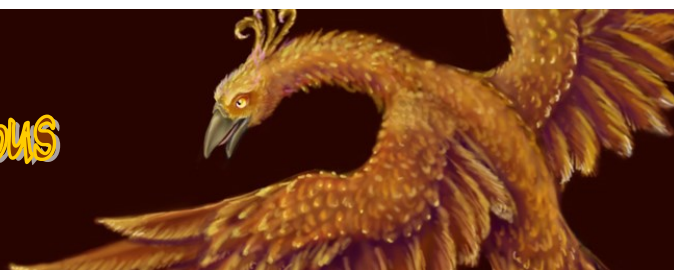
## GRADING TO YELLOW BELT

EXPERIENCE At least 12 Martial Arts Classes

FITNESS 5 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** Axe Kick Sliding Front Kick

## THIRD TIP

**STRIKING** Upwards Elbow Strike Dropping Elbow Strike

## FOURTH TIP

**KICKING** Side Kick Turning Back Kick

## FIFTH TIP

**BELT SEQUENCE** Jab, Cross, Front Kick, Knee 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



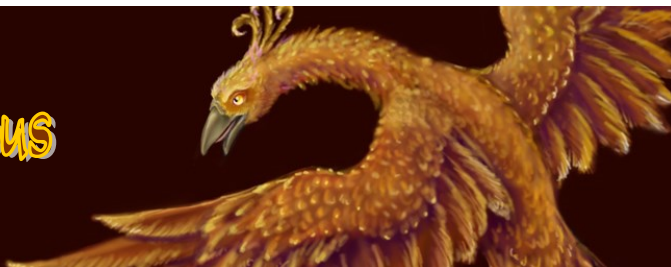
<b>GREEN BELT THEME</b>	'Martial Artists have the power to carry on'	
<b>FIRST TIP</b>		
<b>BLOCKS</b>	Upper X Block	Lower X Block
<b>SECOND TIP</b>		
<b>STRIKES</b>	Front Backfist	Upwards Backfist
<b>THIRD TIP</b>		
<b>KICKING</b>	Hook Kick	Double Turning Kick
<b>FOURTH TIP</b>		
<b>STRIKES</b>	Spinning Backfist Spinning Elbow Strike	Spinning Knifehand
<b>FIFTH TIP</b>		
<b>STRIKES</b>	Double Crescent Kick	Jumping Turning Kick
<b>SIXTH TIP</b>		
<b>APPLICATIONS</b>	Step Sparring	
<b>BELT SEQUENCES</b>	Hook, Uppercut, Turning Kick, Back Kick	

## GRADING TO BLUE BELT

<b>EXPERIENCE</b>	At least 12 additional Martial Arts Classes
<b>FITNESS</b>	10 consecutive Push Ups
<b>KNOWLEDGE</b>	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

Inner Crescent Kick, Stepping Side Kick, Knifehand Strike

## GRADING TO PURPLE BELT

### EXPERIENCE

At least 15 additional Martial Arts Classes

### FITNESS

15 consecutive Push Ups

### KNOWLEDGE

Step Sparring





# 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

