



Fire Phoenix Martial Arts



Red Phoenix Grading Syllabus



Children 8-12 Years Old

White Belt Grading Syllabus



WHITE BELT THEME 'A Black Belt is simply a White Belt who never gave up.'

FIRST TIP - HAND TECHNIQUES

| | | | | |
|-----------------|--------------|---------------|-------------|-------------|
| PUNCHING SKILLS | Jab | Cross | Hook | Uppercut |
| STRIKING SKILLS | Palm Strikes | Elbow Strikes | | |
| BLOCKING SKILLS | Lower Block | Upper Block | Inner Block | Outer Block |

SECOND TIP - KICKING TECHNIQUES

| | | | | |
|---------|-------------|--------------|-----------|-----------|
| KICKS | Front Kick | Turning Kick | Side Kick | Back Kick |
| STRIKES | Knee Strike | | | |

THIRD TIP - SELF DEFENCE TECHNIQUES

| | | |
|-------------|-----------------|---------------|
| DEFLECTIONS | Against a Punch | Step Sparring |
|-------------|-----------------|---------------|

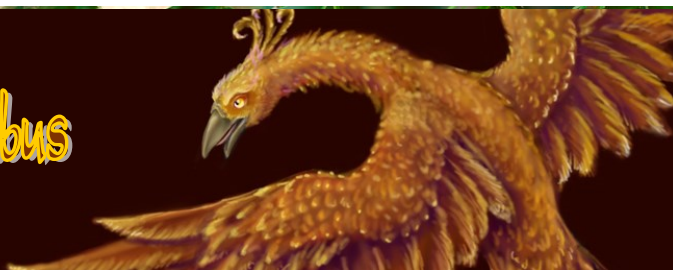
| | |
|----------------|--|
| BELT SEQUENCES | Jab, Cross, Front Kick, Knee Strike Hook, Uppercut, Turning Kick, Back Kick |
|----------------|--|

GRADING TO ORANGE BELT

| | |
|--------------|--|
| EXPERIENCE | At least 12 Martial Arts Classes |
| FITNESS | 10 consecutive Push Ups 20 continuous Sit Ups 2 minutes continuous hand techniques into a target |
| KNOWLEDGE | Demonstrated obedience to Dojo rules |
| APPLICATIONS | Step Sparring Combinations of techniques Escapes from punching attacks |



Orange Belt Grading Syllabus



ORANGE BELT THEME 'Closest Weapon, Closest Target'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS Punching Combinations

STRIKING SKILLS Knifehand Strike Inner Knifehand Strike
Downward Knifehand Strike

BLOCKING SKILLS Knifehand Blocks Cover Blocks

SECOND TIP - KICKING TECHNIQUES

KICKS Front Leg Front Kick Front Leg Turning Kick
Front Leg Side Kick Crescent Kicks—Inner and Outer
Jumping Front Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

DEFLECTIONS Against a Punch with counter attacks
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 additional Martial Arts Classes

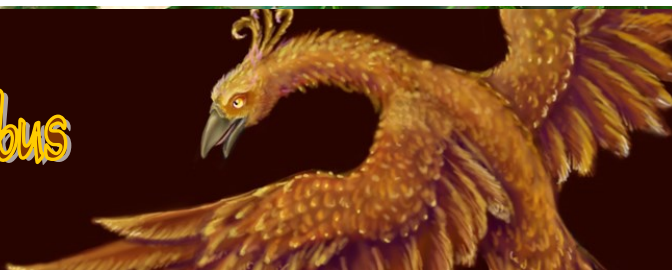
FITNESS 15 consecutive Push Ups
25 continuous Sit Ups
2 minutes continuous kicking techniques into targets

KNOWLEDGE Demonstrated knowledge of the weapons of the body
and appropriate targets for each weapon

APPLICATIONS Step Sparring
Combinations of techniques



Yellow Belt Grading Syllabus



YELLOW BELT THEME 'Flexibility masters Hardness'

FIRST TIP - HAND TECHNIQUES

| | | |
|-----------------|--------------------|------------------------|
| PUNCHING SKILLS | Elbow Strike | Backward Elbow Strike |
| | Upper Elbow Strike | Downward Elbow Strike |
| STRIKING SKILLS | Ridgehand Strike | Inner Ridgehand Strike |
| BLOCKING SKILLS | Wedging Blocks | Block and Grab |

SECOND TIP - KICKING TECHNIQUES

| | | | |
|-------|--------------------|---------------------|--------------------|
| KICKS | Side Kick | Turning Back Kick | Sliding Front Kick |
| | Jumping Front Kick | Double Turning Kick | |

THIRD TIP - SELF DEFENCE TECHNIQUES

| | | |
|----------------|---|---------------|
| DEFLECTIONS | Against a variety of attacks | Step Sparring |
| BELT SEQUENCES | Sliding Front Kick, Double Turning Kick, Ridgehand Strike | |
| | Side Kick, Turning Back Kick, Elbow Strike | |

GRADING TO GREEN BELT

| | |
|--------------|---|
| EXPERIENCE | At least 15 additional Martial Arts Classes |
| FITNESS | 20 consecutive Push Ups |
| | 35 continuous Sit Ups |
| | 3 minutes continuous hand techniques into a target |
| KNOWLEDGE | Demonstrated flexibility and fluidity in Martial Arts movements |
| APPLICATIONS | Step Sparring |
| | Combinations of techniques |
| | Escapes from punches, holds and weaponry attacks |



Green Belt Grading Syllabus



GREEN BELT THEME 'Strength does not come from Physical Capacity. It comes from Indomitable Will'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS Backfist Strike Front Backfist
Upward Backfist

STRIKING SKILLS Spinning Backfist strike Spinning Knifehand strike
Spinning Elbow strike

BLOCKING SKILLS 'X' Blocks—Lower, Upper, Side

SECOND TIP - KICKING TECHNIQUES

KICKS Double Crescent Kick Hook Kick
Axe Kick Jumping Turning Kick
Push Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

DEFLECTIONS Against a variety of attacks Step Sparring

BELT SEQUENCES Double Crescent Kick, Spinning Backfist Strike
Axe Kick, Hook Kick, Spinning Elbow Strike

GRADING TO BLUE BELT

EXPERIENCE At least 15 additional Martial Arts Classes

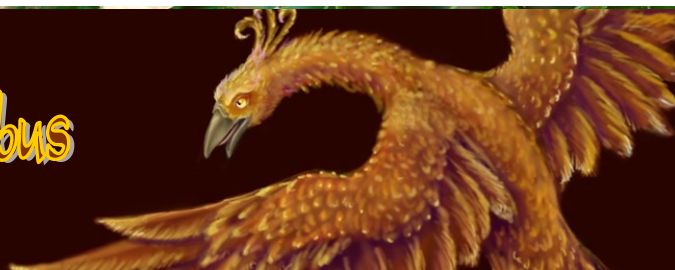
FITNESS 25 consecutive Push Ups
45 continuous Sit Ups
3 minutes continuous kicking into a target

KNOWLEDGE Demonstrated Strength to carry on and repel attacks

APPLICATIONS Step Sparring
Combinations of techniques
Escapes from punches, holds and weaponry 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 - HAND TECHNIQUES

| | | |
|-----------------|--|----------------------|
| PUNCHING SKILLS | Hammer Fist | Centre Knuckle Punch |
| | Vertical Fist Punch | Panther Fist |
| STRIKING SKILLS | Crane Strikes - Upward, Forward, Outward | |
| BLOCKING SKILLS | Inner Rolling Block | Outer Rolling Block |

SECOND TIP - KICKING TECHNIQUES

| | | |
|-------|-------------------------------|--------------------|
| KICKS | Spinning Crescent Kick | Spinning Hook Kick |
| | Distance Jumping Turning Kick | |

THIRD TIP - SELF DEFENCE TECHNIQUES

| | | |
|----------------|--|--------------------|
| RELEASES | X Same Hand Grab | X Double Hand Grab |
| | X Cross Hand Grab | X Choke |
| DEFLECTIONS | Against Front and Turning Kicks | |
| 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 20 additional Martial Arts Classes |
| FITNESS | 30 consecutive Push Ups |
| | 50 continuous Sit Ups |
| | 4 minutes continuous hand techniques into a target |
| KNOWLEDGE | Demonstrated ability to respond appropriately to a variety of attacks |
| APPLICATIONS | Step Sparring |
| | Combinations of techniques |



Purple Belt Grading Syllabus



PURPLE BELT THEME 'Motivation is what gets you started. Habit is what keeps you going'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS Advanced Punching and Striking Combinations with one hand

STRIKING SKILLS Finger Strikes Tiger Mouth Strike

BLOCKING SKILLS Upper Rolling Block Lower Rolling Block

SECOND TIP - KICKING TECHNIQUES

KICKS Jumping Inner Crescent Kick Jumping Outer Crescent Kick
Flying Side Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

RELEASES Release and Counter
X Same hand Grab X Cross hand Grab
X Double Hand Grab X Choke

DEFLECTIONS Against Turning Back Kick and Side Kick

BELT SEQUENCES Jumping Inner Crescent, Jump Spinning Elbow Strike, Jumping Front Kick
Flying Side Kick, Jumping Outer Crescent , Jump Spinning Backfist Strike

GRADING TO BROWN BELT

EXPERIENCE At least one month since achieving 3rd Tip

FITNESS 30 consecutive Push Ups

50 continuous Sit Ups

4 minutes continuous kicking techniques into a target

KNOWLEDGE Uses appropriate techniques against a variety of attacks

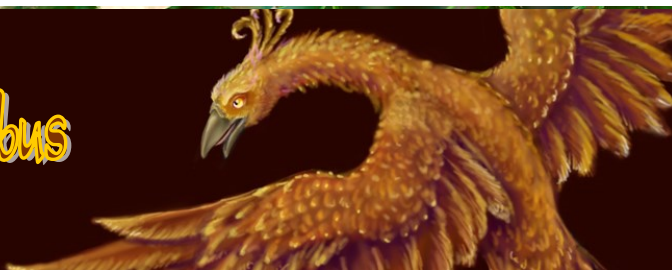
APPLICATIONS Step Sparring

Combinations of techniques

Escapes from punches, kicks, holds and weaponry attacks



Brown Belt Grading Syllabus



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

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS Advanced Punching and Striking Combinations

BLOCKING SKILLS Rolling Blocks into Locks

SECOND TIP - KICKING TECHNIQUES

KICKS Front Leg Hook Kick Sliding Hook Kick

Front Leg Axe Kick Sliding Axe Kick

Jumping Turning Back Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

RELEASES Release and Hold

Arm Bar Over

DEFLECTIONS Against Side Kick and Crescent Kicks

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 one month since achieving 3rd Tip

FITNESS 30 consecutive Push Ups

50 continuous Sit Ups

5 minutes continuous hand techniques into a target

KNOWLEDGE Demonstrated ability to perform at a variety of speeds

APPLICATIONS Step Sparring

Combinations of techniques



Red Belt Grading Syllabus



RED BELT THEME 'Obey the principles without being bound by them'

FIRST TIP - HAND TECHNIQUES

WEAPONRY Use of one approved personal choice Martial Arts Weapon

BLOCKING SKILLS Rolling Blocks into Take Downs

SECOND TIP - KICKING TECHNIQUES

KICKS Spinning Turning Kick Jumping Axe Kick
Advanced Jumping Front Kick Advanced Jumping Back Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

RELEASES Arm Bar Under

DEFLECTIONS Against any Punch, Kick or Weaponry Attack

BELT SEQUENCES Spinning Turning, Spinning Hook, Advanced Jumping Front Kick
Jumping Axe Kick, Jump Spinning Inner Crescent, Spinning Knifehand Strike

GRADING TO PROVISIONAL BLACK BELT

EXPERIENCE At least 25 additional Martial Arts Classes

FITNESS 30 consecutive Push Ups

50 continuous Sit Ups

5 minutes continuous kicking techniques into a target

KNOWLEDGE Demonstrated ability to apply new combinations and responses in Sparring, Self Defence and Weaponry situations

APPLICATIONS Step Sparring

Combinations of techniques

Escapes from punches, kicks, holds and weaponry attacks



Provisional Black Belt Grading Syllabus



PROVISIONAL BLACK BELT THEME 'When you aim for perfection, you discover it is a moving target'

FIRST TIP - HAND TECHNIQUES

REVISION Review of all previous Grade material

WEAPONRY Use of one additional approved personal choice Martial Arts Weapon

SECOND TIP - KICKING TECHNIQUES

REVISION Review of all previous Grade material

KICKS 3 Personal Choice Kicks to Black Belt Standard

THIRD TIP - SELF DEFENCE TECHNIQUES

REVISION Review of all previous Grade material

SELF DEFENCE ROUTINE Rehearsed demonstration with 2 other students

BELT SEQUENCES Familiar and confident with all previous sequences

GRADING TO BLACK BELT

EXPERIENCE At least 25 additional Martial Arts Classes

FITNESS 40 consecutive Push Ups

50 continuous Sit Ups

Head Instructor's Fitness Challenge

KNOWLEDGE Ability to assist with a Fire Phoenix junior grade class, including inspiring, motivating, encouraging and imparting knowledge to the students

APPLICATIONS Step Sparring

Combinations of techniques

Escapes from punches, kicks, holds and weaponry attacks



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



White Belt Theme



A BLACK BELT IS SIMPLY A WHITE BELT WHO NEVER GAVE UP

Training in the Martial Arts is not a seasonal activity. Students enrol as students and their Instructors plan for them to continue training at least until they achieve their Black Belts, and hopefully longer still.

Starting on the journey is the first step to success. Once the student has taken that first step, the Instructors will take the students to Black Belt. It will take time, it will take work, it will take sweat, but all students can achieve a Black Belt. The only thing that will prevent a student from achieving a Black Belt is if they stop their training.

This is an important thing to realise. Any student who has the determination to stick with it, and who turns up to class, can be successful in the Martial Arts. They will learn control over their bodies and over their minds as they continue to practice and develop their Martial Arts.

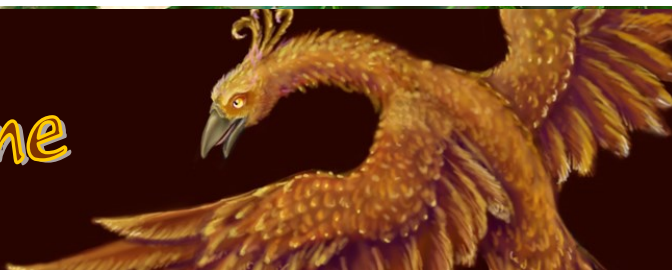
The thing to know about training at Fire Phoenix Martial Arts is that attending classes is enough. Students can choose to do extra curricular events and activities, practice at home, do their homework and read and study about the Arts. This will all enrich the student's training experience, however it is not necessary. Coming to class, and being actively present in the class is enough. Students will learn and their will become expert at their Art.

The missing factor is time. It takes time to develop the experience needed to control the body and the mind. Students will progress at different rates through their Martial Arts training. This is normal and to be expected. Students should learn to enjoy the practice of Martial Arts, and not rely on the external rewards of Belt colours in order to feel good about their training.

White Belts, who stick with their training for long enough, will gain the expertise, knowledge and skills they need to master their Black Belt Exam.



Orange Belt Theme



CLOSEST WEAPON, CLOSEST TARGET

There are several stages which a student must recognise in an attack.

The first one is recognition that you are being attacked. Sometimes this is simple and straightforward, other times an attacker might be more subtle. Awareness of your personal space, of the space or room you are in is an important part of your training.

If you are aware, you are likely to be able to prevent an attacker from even taking hold of you, by using your body movements to make it impossible for the attacker to get a firm grip on you. You can also release from grabs before they are firmly established if you are aware of your personal space and where objects and people are in relation to you.

If someone does grab you, the most important thing is to do something. Consider a child who does not want to be put into the car. It is very difficult to make them do so without some compliance on their part. Do not comply! This is the most effective way of getting an attacker to back down.

In order to release from a grab or hold, use the theory of closest weapon, closest target. This is very simple, yet sometimes deceptive to master. Use your closest weapon

—hand, elbow, knee, foot, shoulder, head

against your attacker's closest target

—temple, nose, chin, solar plexus, stomach, groin, knee, shin, foot

This usually means that your attacker will not see the lead up to your attack, and so will be unable to anticipate the attack. Once you have a moment when your attacker is off guard, this is your opportunity to escape, or further restrain your attacker if appropriate.



Yellow Belt Theme



FLEXIBILITY MASTERS HARDNESS

Flexibility is a very important component of the Martial Artists training. Look at the physique of any Martial Artist and you will notice that they are built for flexibility rather than for rigid strength. Having a flexible body is also a great way to reduce the likelihood of injury while training.

A flexible person is a person with great control over their body. They are able to move their bodies into a variety of positions and respond fluidly to any attack, changing directions with ease and moving from attack to attack smoothly. This is achieved through serious practice of the Martial Arts, through stretching and through repetition of the techniques you wish to master.

A flexible person is also a person with great control over their mind. They are able to identify situations and decide on the best response for the situation. They seem to be able to change situations from attacking to reassuring, from challenging to calming, from stressful to restful through their actions. This is achieved by serious study of the principles of the Martial Arts, and through the application of those principles in a variety of situations.

Bamboo is a great example of how flexibility can master hardness. In strong winds and stormy weather the bamboo moves with the wind, following it, matching and yet with the ability to come back again, unchanged after the storm passes.

When we can bend our bodies to suit any situation, and our minds to respond to any stimulus without changing who we are, then we are practicing Martial Arts.



Green Belt Theme



STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY. IT COMES FROM INDOMITABLE WILL.

Strength is an important component of the practice of the Martial Arts. Students of the Martial Arts strive to punch and kick harder so as to be more effective in their Martial skills. This is because the more strength a student can strike with, the more effective they can be as they have to strike fewer times to achieve the desired response, the subduing of an opponent.

Strength does not come from physical training alone. A student can work out with weights and develop the ability to do many push ups, sit ups or other physical feats of strength. This alone does not ensure that the student's strikes will be strong and effective.

True strength comes from the correct application of technique. If a student develops excellent technique, and can apply those techniques to an appropriate target with excellent timing, then their strikes will be strong and effective.

This sort of strength comes through study, practice, observation and awareness. In this state, the student can use minimal effort and strength to achieve tremendously powerful results through the appropriate use of timing, speed and technique.

To develop this strength requires Indomitable Spirit. The student needs to work on the technique, and persevere to always improve their technique. They also need to work on their speed, especially their reaction time. Additionally, the student needs to have great awareness of their surroundings, and the ability to decide what is the most appropriate action for the situation. If the student has the Indomitable Will to work on these areas of their training, they will become an immensely powerful Martial Artist.



Blue Belt Theme



NOTICE THAT THE STIFFEST TREE IS MOST EASILY CRACKED, WHILE THE BAMBOO SURVIVES BY BENDING WITH THE WIND

At some part in Martial Arts training, students realise that strong, linear movements are painful to work with, and require a large expenditure of energy. Students training like this may develop bruises in class training, and over time may even cause long lasting damage to their bone structure.

It is at this point that alternatives are sought out by the Martial Artist who wishes to continue practicing in a healthy body on a long term basis.

This is where the student starts to see the value, and apply the principles of circular motion in their movements to avoid attacks and re-position themselves in a more effective position. It is where students start to be able to apply the more advanced and complicated motions that incorporate circles. These movements allow the student the flexibility to respond to direct attacks by absorbing an attack and redirecting it, much as bamboo moves in the wind.

It takes considerably more time to learn to move in a circular way, however after time spent in studying the Martial Arts, students begin to naturally see the advantages of moving in a smoother responsive way instead of a binary linear way.

Understanding this way of moving also allows the students to respond differently to different situations. Students start to understand that the same response is not always appropriate, and that there are many ways of achieving the desired outcome.



Purple Belt Theme



MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING

As students move from basic levels of competence in the Martial Arts, they will have developed many habits in their training. The first excitement of studying a new discipline has worn off and is replaced by a deeper desire to become skilled in the Martial Arts.

One of the most important habits a student can develop is that of attending classes and training in the Martial Arts. Other important habits include mindful practice, awareness and study of the Martial Arts.

Habits are formed by repetition. Over and over again students hear their Instructors repeat basic phrases— 'Hands Up' 'Breathe' 'Look at your target' - this is to try and set correct habits in students from the very beginning.

The important thing to understand about habits is that the way we perform in class over time will lead to habits, and these habits are what will come to the front under pressure, such as at Gradings or in real life confrontation situations. The habits we develop in class can be supportive or hindrances under pressure.

Students at this level of training should look very carefully at the habits they have when performing their basic techniques, and be sure that they are constructive habits that support the practice, rather than habits that get in the way of the correct practice of the Martial Arts.



Brown Belt Theme



IT DOES NOT MATTER HOW SLOWLY YOU GO SO LONG AS YOU DO NOT STOP

At some point in the training of a Martial Artist, the student may look at their training and become discouraged at their rate of progress, and feel as though they do not have the skills they wish they had. Some students may feel as though they have hit a 'wall' and that they are unable to improve beyond the point they have achieved right now.

This is a challenge of the spirit of the Martial Artist. The student must make a decision about their commitment to the Martial Arts. How would it be to keep on training even if there was no way of seeing any more improvement? What if this was a good as it gets? Is there enough underlying interest and passion in the Martial Arts to keep the student in practice, even if they have gone as far as they can go? This is a tough question. There is no pressure on anyone to move beyond any level. After a student has moved through several grades, there needs to be a determination, a commitment in order for the student to continue training and continue progressing.

This can be seen in class where students are sparring. Sometimes in situation the most important thing is to keep on going, even if it seems there is no end in sight, no way of winning. This determined approach to situations is what gives the student the ultimate advantage in high pressure situations. The determination to keep on going, even if it seems as there is no more reason to keep on going is the secret of success.



Red Belt Theme



OBEY THE PRINCIPLES WITHOUT BEING BOUND BY THEM

As students move into the more advanced levels of training, the importance of the mental aspect of the training becomes paramount. It is no longer enough to learn by rote, and simply perform individual techniques. Now the student is required to make choices, apply principles not techniques and create their own approach and style to the Martial Arts.

Through the training in the Martial Arts, students have been taught principles of movement, of power and of the Martial Arts. As students become advanced in their training, it becomes important that the student takes the principles and applies them in a way that is effective for their body type and their personal style of Martial Arts training.

This means that in classes, students are expected to try out new things, take chances and explore possibilities rather than simply follow the rules and instructions set down in class. Students are encouraged to explore the way they move and the way they do things. This does not mean creating new techniques necessarily, but rather it means that students take the ideas they have been taught in one situation, and try them out in a variety of situations to see if they still hold true, or how they can be modified to be effective anywhere.

To be a senior grade student, the Martial Artist is expected to be a versatile thinker, who can surprise their Instructor and their fellow students, and who can bring new ideas to each class. It is also expected that the student be unafraid to try experiments. Students are also expected to understand that winning or losing is immaterial, it is the perfection of the Art that is important.



Provisional Black Belt Theme



WHEN YOU AIM FOR PERFECTION, YOU DISCOVER IT IS A MOVING TARGET

As students ready for their Black Belt Exam, it is an important time to reflect on how their expectations of themselves have changed over the course of their Martial Arts journey. As a beginner, the whole journey may have been overwhelming, and looking at Black Belts training, the student may have seen perfection.

As the student gets closer to Black Belt themselves, what they realise is that their practice is far from perfect, and that perfection is not an end point, there is always room for improvement.

This is the time for students to do what they can do perfectly. This is where students can select a range of techniques, their favourite techniques, and work on doing those things perfectly. Can a student be a perfect Martial Artist? Perhaps, but that is a large task. Can a student perform a perfect sparring stance? Yes, that is achievable after years of training.

It is important in the lead up to a Black Belt Exam that the student develop a strong mental attitude by focussing on the things they can be perfect at. In this way they will develop the correct attitude to get through the Black Belt Exam, and achieve what they once considered perfection.

It is just as important that the Black Belt has an overall understanding that not all of their techniques are perfect, and there are some things that they cannot do well. It is important that the future Black Belt sees their abilities with clear eyes, and holds a correct balance between pride in their abilities, and humility in their performance. It is this that ensures the Black Belt can be someone who can be relied on to keep the people around them safe. Black Belts know that they have nothing to prove, for they have seen themselves clearly. This is why Black Belts are not the people who start fights, or knock down people. Instead they are the people that divert fights, and lift people up.

