

FIRE PHOENIX MARTIAL ARTS

ADULT SYLLABUS



ON CROWN

STUDENTS AGED 17+

FIRE PHOENIX ON CROWN

At Fire Phoenix on Crown, we are more than a training facility – we are a supportive community dedicated to helping every student rise with confidence, skill, and character. Our school is founded on the core values of kindness, compassion, inclusivity, perseverance, and humility. We believe martial arts is not just about physical ability, but about who you become through the journey.

Our Philosophy

We strive to develop students who are talented and skilled martial artists, while also nurturing strong character. At Fire Phoenix on Crown, students learn that true strength comes from perseverance in challenges, humility in success, and compassion toward others. Every student's journey is unique, and we honour that individuality. We are committed to creating a safe, welcoming, and inclusive environment where everyone – regardless of age, ability, background, or experience, feels respected, supported, and encouraged.

Understanding Tips & Progress

Tips are not a representation of who you are as a martial artist. Instead, they help our instructors understand:

- Where you are in your learning journey
- What skills you have already developed
- What you are ready to learn next

Tips allow instructors to tailor guidance, support, and challenges so each student can continue to grow at their own pace. Progress is not a race, and comparison has no place in our training.

Our Commitment to Students

We are dedicated to:

- Building confidence through skill and discipline
- Encouraging perseverance through effort and consistency
- Teaching humility through respect and continuous learning
- Fostering compassion through teamwork and empathy
- Creating an inclusive space where every student belongs

At Fire Phoenix on Crown, we believe that when students feel supported and valued, they rise not just as martial artists, but as people.



WHITE BELT

Adult Syllabus



Belt Overview

The White Belt focuses on establishing core martial arts fundamentals through hand techniques, kicking, and basic self defence. Students learn primary punches such as the jab, cross, hook, and uppercut, alongside palm strike. Essential blocking skills: upper, lower, inner, and outer blocks are introduced to build a defensive foundation. The kicking curriculum includes front, turning, back, and side kick, plus knee strike. For self defence, practitioners study deflections against punches and various releases for same-hand, cross-hand, and double-hand grabs, as well as choke escapes. Training culminates in one-step sparring and specific belt sequences.

First Tip - Hand Techniques and Blocking

- Jab, Cross, Hook, Uppercut (perform individual techniques and in a combination)
- Palm Strike
- **Blocking Skills:** Upper Block, Lower Block, Inner Block, Outer Block
- **Stances:** Sparring Stance, Attention, Jhoon Bee

Second Tip - Kicking

- Front Kick
- Turning Kick
- Back Kick
- Side Kick to the Side
- Knee Strike

Third Tip - Putting it all Together

- **Deflections (vs. Punch):** Block and move Back, Left, Forward, and Right
- **Releases against same hand & cross-hand grab:** Circle, Slide, and Push Releases
- **Releases against a Double Hand Grab:** Double Circle Release, Circle Hands & Knee Strike Smash Release and Strike
- **Releases against a Choke:** Cross Hands and Circle, Throat Push Release, Twist and Circle Release
- **Sparring:** One Step Sparring
- **Sequence: 1:** Jab, Cross, Front Kick, Knee Strike
- **Sequence: 2:** Hook, Uppercut, Turning Kick, Back Kick

ORANGE BELT

Adult Syllabus



Belt Overview

The Orange Belt syllabus introduces specialised hand strikes, including the standard, inner, and downward Knifehand Strikes. Defensive training expands to include the Cover Block, Knee Defence Block, and Squeeze Block. Kicking requirements progress to front-leg variations of the front, side, and turning kicks, along with Inner and Outer Crescent Kicks and the Jumping Front Kick. Self-defense focus shifts to executing counter-attacks after releases from same-hand, cross-hand, and double-hand grabs, as well as specific escapes from basic grabs. The level concludes with combining knowledge from both White and range belt in one-step sparring and specific belt sequences.

First Tip - Hand Techniques and Blocking

- Knifehand Strike
- Inner Knifehand Strike
- Downward Knifehand Strike
- **Blocking Skills:** Cover Block, Knee Defence, Block Squeeze Block

Second Tip - Kicking

- Front Leg Front Kick, Front Leg Side Kick, Front Leg Turning Kick
- Inner Crescent Kick, Outer Crescent Kick
- Jumping Front Kick (switch or jumping off two feet)
- Stepping Side Kick

Third Tip - Putting it all Together

- **Releases Against Behind the Back Grabs**
- **Releases:** use appropriate releases from same hand, cross hand, double hand and choke grabs and counter attack effectively
- **Self Defence Techniques:** Arm Bar Over and Arm Bar Under from same hand and cross hand grabs
- **Sparring:** One Step Sparring using deflection techniques
- **Sequence: 1:** Inner Crescent Kick, Stepping Side Kick, Knifehand Strike
- **Sequence: 2:** Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

YELLOW BELT

Adult Syllabus



Belt Overview

The Yellow Belt syllabus shifts focus toward more technical hand strikes, introducing the Ridge Hand Strike and Elbow Strikes. Defensive skills are refined through the Wedging block and Block and Grab. Kicking techniques advance to include the Sliding Front Kick, Double Turning Kick and Side Kick into Turning Back Kick. Self Defence expands to include more complex releases and counters as well as Shoulder Leavers. Falling is now tested as students master their basic falling skills. This level also marks the transition from one-step to Three-Step Sparring, requiring greater coordination, timing, and sequence retention.

First Tip - Hand Techniques and Blocking

- Elbow Strike, Backwards Elbow Strike, Upwards Elbow Strike, Downwards Elbow Strike
- Ridge Hand Strike, Inner Ridge Hand Strike
- **Blocking Skills:** Block and Grab, Wedging Block
- Review of White and Orange Belt hand Techniques and Blocks

Second Tip - Kicking

- Sliding Front Kick
- Jumping Front Kick (**Both** switch and jumping off two feet)
- Double Turning Kick
- Side Kick
- Turning Back Kick
- **Kicking Combo:** Side Kick, Turning Back Kick

Third Tip - Putting it all Together

- **Self Defence Techniques:** Arm Bar Over and Arm Bar Under from: Two Hand Grab, Two Hands onto One and Choke
- **Shoulder Leaver** from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One, Choke and Double Hands from Behind
- **Sparring:** Three Step sparring
- **Falling:** Forwards Shoulder Roll
- **Sequence: 1:** Sliding Front Kick, Double Turning Kick, Elbow Strike
- **Sequence: 2:** Side Kick, Turning Back Kick, Elbow Strike

GREEN BELT

Adult Syllabus



Belt Overview

The Green Belt syllabus emphasises the introduction of rotational force and advanced leverage. Hand techniques focus on spinning strikes, including the Spinning Backfist, Spinning Knifehand, and Spinning Elbow, complemented by defensive X-Blocks (Upper, Lower, and Side). The kicking curriculum introduces the Double Crescent Kick, Hook Kick, and Jumping Turning Kick, requiring greater balance and precision. Self defence requirements transition from simple releases to physical control techniques, specifically mastering the Goose Neck Takedown and Leg Sweep against various grabs and chokes. Furthermore, more complex falling such as Back Fall and Roll into Side Fall are introduced to complement the throws on Green Belt.

First Tip - Hand Techniques and Blocking

- Backfist Strike, Upward Backfist Strike, Front Backfist Strike
- Spinning Backfist Strike, Spinning Knifehand Strike, Spinning Elbow Strike
- **Blocking Skills:** Upper X Block, Lower X Block, Side X Block

Second Tip - Kicking

- Double Crescent Kick
- Hook Kick
- Axe Kick
- Jumping Turning Kick
- Push Kick
- Review of White - Yellow Belt Kicks

Third Tip - Putting it all Together

- **Self Defence Techniques:** Leg Sweep and Goose Neck Takedown from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke
- **Sparring:** Three Step Sparring
- **Falling:** Roll into Side Fall, Back Fall
- **Sequence: 1:** Double Crescent Kick, Spinning Backfist Strike, Jumping Turning Kick
- **Sequence: 2:** Axe Kick, Hook Kick, Spinning Elbow Strike

BLUE BELT

Adult Syllabus



Belt Overview

The Blue Belt syllabus emphasises circular motion and the refinement of specialised striking surfaces. Hand techniques introduce the Hammerfist, Vertical Fist, Centre Knuckle, and Panther Fist strikes, providing versatile tools for different targets. Defensive skills transition to Inner and Outer Rolling Blocks, which are designed to deflect attacks using continuous, fluid motion. The kicking requirements focus on momentum and reach, featuring the Spinning Crescent Kick, Spinning Hook Kick, and the Grand Circular Kick, alongside Jumping Turning Kicks for Distance. Self-defence focuses on the Chinese Burn, Outer Wrist Lock and Hammer Lock applied against various grabs and chokes. Training concludes with Light Contact Three Step Sparring.

First Tip - Hand Techniques and Blocking

- Hammerfist Strike
- Vertical Fist Punch
- Centre Knuckle Punch
- Panther Fist Strike
- **Blocking Skills:** Inner Rolling Block, Outer Rolling Block
- Review of Yellow and Green Belt hand Techniques and Blocks

Second Tip - Kicking

- Spinning Crescent Kick
- Spinning Hook Kick
- Jumping Turning Kick for Distance
- Circular Axe Kick
- Grand Circular Kick
- Hands Down Back Kick

Third Tip - Putting it all Together

- **Self Defence Techniques:** Chinese Burn, Outer Wrist Lock and Hammer Lock from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke
- **Sparring:** Light Contact Three Step Sparring
- **Sequence: 1:** Turning Kick, Spinning Hook Kick, Hammerfist Strike
- **Sequence: 2:** Inner Crescent Kick, Spinning Crescent Kick, Hammerfist, Spinning Hook

PURPLE BELT

Adult Syllabus



Belt Overview

The Purple Belt curriculum marks a transition toward advanced and fluid counters. Students learn to master high-impact Jumping Spinning Strikes alongside specialised Tiger Mouth and Crane Strikes. The kicking requirements feature the Flying Side Kick, Spinning Heel Kick, Twisting Kick, and Jumping Crescent Kicks. The self defence focus shifts to the Outer Wrist Lock Takedown as well as Leg Lift Hip Throw and Whip Throw, practiced against two-hand grabs, chokes, and attacks from behind. This rank also requires a comprehensive review of all defence techniques from Orange to Blue Belt. Finally, students demonstrate their coordination through Three-Step Sparring and two complex sequences that chain jumping crescents, flying side kicks, and spinning elbows. This level demands a high degree of technical precision, balance, and explosive power.

First Tip - Hand Techniques and Blocking

- Jump Spinning Backfist, Jump Spinning Knifehand, Jump Spinning Elbow
- Tiger Mouth Strike
- Crane Strikes - Up, Down, Forward
- **Blocking Skills:** Upper Rolling Block into Uppercut Punch, Lower Rolling Block into Vertical Fist Punch

Second Tip - Kicking

- Jumping Inner Crescent Kick, Jumping Outer Crescent Kick
- Spinning Heel Kick
- Flying Side Kick
- Twisting Kick
- **Kicking Combination:** Turning Kick, Spinning Heel Kick

Third Tip - Putting it all Together

- **Self Defence Techniques:** Outer Wrist Lock Takedown and Whip Throw and Leg Lift Hip Throw from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke
- Review of Orange to Blue Belt Self Defence Techniques
- **Sparring (3 Min Round):** Light Contact Free Sparring (NO HEAD CONTACT)
- **Sequence: 1:** Jumping Inner Crescent, Jump Spinning Elbow, Jumping Front Kick
- **Sequence: 2:** Flying Side Kick, Jumping Outer Crescent Kick, Jump Spinning Backfist
- Review of Falling: Roll into Side Fall, Back Fall

BROWN BELT

Adult Syllabus



Belt Overview

Brown Belt introduces sophisticated techniques including the Goose Neck and Fingers Back Wrist Locks, alongside powerful takedowns like the Circular Shoulder Throw and Hip Throw. Students also learn Kicking Defences, using Blade or Lower X-Blocks along with other techniques against front kicks back kicks and crescent kicks. Striking is further tested through complex sequences featuring Sliding, Spinning, and Front Leg Hook Kicks, as well as combinations of Axe Kicks and Jump Turning Back Kicks. Proficiency is validated through a five-minute round of Light Contact Free Sparring (excluding head contact), requiring sustained endurance and the seamless application of all prior belt levels.

First Tip - Hand Techniques and Blocking

Inner Rolling Block into:

- Knife hand Strike
- Hammer Fist Strike
- Arm Bar Over
- Arm Bar Under

Lower Rolling Block into:

- Downward Elbow Strike
- Upwards Crane Strike
- Shoulder Lever
- Chinese Burn

Upper Rolling Block into:

- Ridge hand Strike
- Upwards Elbow Strike
- Hammer Lock
- Outer Wrist Lock

Second Tip - Kicking

- Sliding Axe Kick, Sliding Hook Kick, Sliding Turning Kick
- Front Leg Axe Kick, Front Leg Hook Kick
- Jump Turning Back Kick
- Spinning Shin Kick
- **Kicking Combination:** Sliding Turning Kick, Front Leg Hook Kick

BROWN BELT

Adult Syllabus



Third Tip - Putting it all Together

- **Self Defence Techniques:** Goose Neck Lock and Fingers Back Wrist Lock and Circular Shoulder Throw and Hip Throw from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke
- **Sparring (5 Min Round):** Light Contact Free Sparring (NO HEAD CONTACT)
- **Kicking Defence Skills :**
 - 1. Against a Front Kick**
 - Blade Block
 - Lower X Block and Pull
 - 2. Against a Turning Kick**
 - Push Kick
 - Circular Axe Kick
 - 3. Against a Crescent Kick**
 - Low Side Kick
 - Low Reverse Hook Kick
 - 4. Against a Against a Back Kick**
 - Slip and Takedown
 - Grand Circular Kick
- **Sequence: 1:** Sliding Hook Kick, Spinning Hook Kick, Front Leg Hook Kick
- **Sequence: 2:** Sliding Axe Kick, Jump Turning Back Kick, Front Leg Axe Kick

RED BELT

Adult Syllabus



Belt Overview

Red Belt Red Belt signifies a transition into mastery, focusing on weapon integration and advanced self defense techniques. Practitioners must demonstrate proficiency in a chosen weapon, covering basic strikes, blocks, and spinning, culminating in an original routine and weapon-based step sparring. A key theme is the evolution of defence, using Inner, Outer, Upper, and Lower Rolling Blocks to transition seamlessly into high-level takedowns. Kicking focuses on explosive aerials, including the Jump Spinning Turning Kick, Advanced Jump Turning Back Kick, and Jumping Axe Kick. Students learn the Sandwich Lock, Stomach Throw, and Circular Head Throw, while Open Hand Weapon Defence tests the student's ability. Mastery is finally proven through a five-minute round of Regular Free Sparring, integrating the full spectrum of Hapkido skills.

First Tip - Weaponry, Rolling Blocks into Self Defence and Hand Technique Review

Weaponry:

- Basic Strikes and Blocks with Chosen Weapon
- Basic Spinning with Chosen Weapon
- Step Sparring with Chosen Weapon
- Develop and Demonstrate a Routine with your Chosen Weapon

Rolling Blocks into Self Defence Techniques:

Inner, Outer, Upper and Lower Rolling Blocks into

- Ankle Sweep
- Leg Sweep
- Whip Throw
- Circular Shoulder Throw
- Leg Lift Hip Throw

Hand Technique Review:

Random Striking Combinations using Hand Techniques from White - Brown Belt

Second Tip - Kicking

- Jump Spinning Turning Kick,
- Jump Spinning Inner Crescent Kick
- Jumping Axe Kick
- Reverse Spinning Turning Kick
- Advanced Jump Turning Back Kick
- Advanced Jump Front Kick
- **Kicking Combination:** Jump Spinning Turning Kick, Jump Spinning Inner Crescent Kick

RED BELT

Adult Syllabus



Third Tip - Putting it all Together

- **Self Defence Techniques:** Sandwich Lock and Reverse Whip Lock and Stomach Throw and Circular Head Throw from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke

- **Sparring (5 Min Round):** Regular Free Sparring using all Hapkido Skills

Weapon Defence Skills: Open Hand Defence against your chosen weapon from:

- Downward strike
- Upwards Strike
- Stabbing Strike
- Slashing Strike

- **Falling:** Turning Side Fall - Demonstrated from a Whip Throw

- **Sequence: 1:** Spinning Turning Kick, Spinning Hook Kick, Advanced Jumping Front Kick
- **Sequence: 2:** Jumping Axe Kick, Jump Spinning Inner Crescent Kick, Spinning Knifehand

PROVISIONAL BLACK BELT

Adult Syllabus



Belt Overview

The Provisional Black Belt is the final milestone before Black Belt, demanding a complete synthesis of Hapkido mastery. Students must profile a second chosen weapon, demonstrating basic strikes, spinning, sparring and demonstrating their skills in a routine. Defensive fluidity is tested by linking Rolling Blocks into advanced throws and kicking reaches new heights. Students must also develop ten personal self defence combinations responding to various strikes and grabs. Endurance is the ultimate test, requiring consecutive five-minute rounds of free sparring. This rank proves the practitioner can intuitively combine every foundational and advanced skill from White to Red Belt, into a cohesive, high-intensity martial art, proving they have the skills required to earn their Black Belt.

First Tip - Weaponry, Rolling Blocks into Self Defence and Sparring

Weaponry - (using a second chosen weapon):

- Basic Strikes and Blocks with Chosen Weapon
- Basic Spinning with Chosen Weapon
- Step Sparring with Chosen Weapon
- Develop and Demonstrate a Routine with your Chosen Weapon

Rolling Blocks into Self Defence Techniques:

Inner, Outer, Upper and Lower Rolling Blocks into

- Hip Throw
- Sandwich Lock
- Reverse Whip Lock
- Circular Head Throw
- Stomach Throw

Blocking Review:

- Perform Blocks from White - Brown Belt against random techniques

Sparring (5 Min Round): 2 consecutive regular Free Sparring rounds using all Hapkido Skills

Second Tip - Kicking

Kicking Review:

Random Kicking Combinations using Techniques from White - Red Belt

Provisional Black Belt Kicks

- Cartwheel or Ninja Roll into Axe Kick
- Jump Spinning Outer Crescent Kick
- Drop Down Turning Kick
- One personal choice kick performed at Black Belt Standard

PROVISIONAL BLACK BELT

Adult Syllabus



Third Tip - Putting it all Together

Self Defence Skills: Develop 10 personal choice self defence combinations to highlight your skills. Choose to respond to:

- Any Punch
- Any Kick
- Same Hand Grab
- Cross Hand Grab
- Double Hand Grab
- Choke
- Grab from Behind

Sparring (5 Min Round): 3 consecutive regular Free Sparring rounds using all Hapkido Skills

Weapon Defence Skills: Open Hand Defence against your chosen Provisional Black Belt weapon from:

- Downward strike
- Upwards Strike
- Stabbing Strike
- Slashing Strike

BLACK BELT EXAM REQUIREMENTS

- Regular Class Attendance
- Achieve all 3 Tips on your belt
- At least one month of additional training since the last Tip
- Able to complete consecutive sparring rounds
- Able to demonstrate any technique when asked

Lastly, a Special pre-qualifying test will be conducted around 2 weeks before the Black Belt Exam. You will:

1. Run through all Belt Sequences White - Red Belt
2. Run through Both Weapons Routines you will perform at the Black Belt Exam
3. Run through Self Defence Routine completed on 3rd Tip
4. Complete 1 X 5min Round of high intensity Sparring