

FIRE PHOENIX MARTIAL ARTS

BLUE PHOENIX SYLLABUS



ON CROWN

STUDENTS AGED 5 - 8

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

Blue Phoenix Syllabus



Belt Overview

The White Belt focuses on establishing core martial arts fundamentals through hand techniques, blocks and kicks. Students learn primary punches, and essential blocking skills, being introduced a defensive foundation. The kicking curriculum includes front, turning, back, and side kick, plus knee strike. Training culminates in one-step sparring and specific belt sequences.

First Tip

- **Stances:** Sparring Stance, Attention, Jhoon Bee

Second Tip

- Jab, Cross, Hook, Uppercut (perform individual techniques and in a combination)
- Palm Strike

Third Tip

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

Fourth Tip

- **Blocking Skills:** Upper Block, Lower Block, Inner Block, Outer Block

Fifth Tip

- Turning Kick
- Back Kick

Sixth Tip

- **Deflections (vs. Punch):** Block and move Back, Left, Forward, and Right
- **Sequence: 1:** Jab, Cross, Front Kick, Knee Strike
- **Sequence: 2:** Hook, Uppercut, Turning Kick, Back Kick

ORANGE BELT

Blue Phoenix 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 progress to learn Inner and Outer Crescent Kicks and the Jumping Front Kick. The level concludes with combining knowledge from both White and Orange belt in one-step sparring and specific belt sequences.

First Tip

- Knifehand Strike
- Inner Knifehand Strike
- Downward Knifehand Strike

Second Tip

- **Blocking Skills:** Cover Block, Knee Defence, Block Squeeze Block

Third Tip

- Inner Crescent Kick
- Outer Crescent Kick

Fourth Tip

- Front Leg Front Kick, Front Leg Side Kick, Front Leg Turning Kick

Fifth Tip

- Jumping Front Kick (switch or jumping off two feet)
- Stepping Side Kick

Sixth Tip

- **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

Blue Phoenix 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. 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

- Elbow Strike, Backwards Elbow Strike
- Ridge Hand Strike

Second Tip

- Sliding Front Kick
- Jumping Front Kick (**Both** switch and jumping off two feet)
- Double Turning Kick

Third Tip

- Upwards Elbow Strike, Downwards Elbow Strike
- Inner Ridge Hand Strike

Fourth Tip

- Side Kick
- Turning Back Kick
- **Kicking Combo:** Side Kick, Turning Back Kick

Fifth Tip

- **Blocking Skills:** Block and Grab, Wedging Block
- **Falling:** Forwards Shoulder Roll

Sixth Tip

- **Sparring:** Three Step sparring
- **Sequence: 1:** Sliding Front Kick, Double Turning Kick, Ridge Hand Strike
- **Sequence: 2:** Side Kick, Turning Back Kick, Elbow Strike

GREEN BELT

Blue Phoenix 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. The kicking curriculum introduces the Double Crescent Kick, Hook Kick, and Jumping Turning Kick, requiring greater balance and precision. Furthermore, more complex falling such as Back Fall and Roll into Side Fall are introduced.

First Tip

- **Blocking Skills:** Upper X Block, Lower X Block, Side X Block

Second Tip

- Hook Kick
- Axe Kick
- Jumping Turning Kick

Third Tip

- Backfist Strike, Upward Backfist Strike, Front Backfist Strike
- **Falling:** Roll into Side Fall, Back Fall

Fourth Tip

- Spinning Backfist Strike, Spinning Knifehand Strike, Spinning Elbow Strike

Fifth Tip

- Double Crescent Kick
- Push Kick

Sixth Tip

- **Sparring:** Three Step Sparring
- **Sequence: 1:** Double Crescent Kick, Spinning Backfist Strike, Jumping Turning Kick
- **Sequence: 2:** Axe Kick, Hook Kick, Spinning Elbow Strike

BLUE BELT

Blue Phoenix Syllabus



Belt Overview

The Blue Belt syllabus emphasises circular motion and the refinement of specialised striking surfaces. Defensive skills transition to Inner and Outer Rolling Blocks. Students also begin to learn the basic releases for same-hand and cross-hand grabs. 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.

First Tip

- Hammerfist Strike
- Vertical Fist Punch
- Centre Knuckle Punch
- Panther Fist Strike

Second Tip

- Spinning Crescent Kick or Spinning Hook Kick
- Circular Axe Kick

Third Tip

- **Blocking Skills:** Inner Rolling Block, Outer Rolling Block
- Review of White - Green Belt hand Techniques and Blocks

Fourth Tip

- Spinning Crescent Kick and Spinning Hook Kick
- Jumping Turning Kick for Distance

Fifth Tip

- **Releases against same hand & cross-hand grab:** Circle, Slide, and Push Releases
- Hands Down Back Kick

Sixth Tip

- **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

Blue Phoenix 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. Self-defence focuses on releases for double-hand grabs as well as a choke. Training concludes with Light Contact Three Step Sparring.

First Tip

- Jump Spinning Backfist, Jump Spinning Knifehand, Jump Spinning Elbow

Second Tip

- Jumping Inner Crescent Kick
- Jumping Outer Crescent Kick

Third Tip

- Tiger Mouth Strike
- Crane Strikes - Up, Down, Forward

Fourth Tip

- **Blocking Skills:** Upper Rolling Block into Uppercut Punch, Lower Rolling Block into Vertical Fist Punch

Fifth Tip

- Spinning Heel Kick
- Flying Side Kick
- Twisting Kick

Sixth Tip

- **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: Forward Shoulder Roll, Roll into Side Fall, Back Fall

BROWN BELT

Blue Phoenix Syllabus



Belt Overview

Brown Belt introduces age appropriate self defense techniques from same hand and cross hand grabs. Students learn Kicking Defences to neutralise Front and Turning 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

Inner Rolling Block into:

- Knife hand Strike
- Hammer Fist Strike
- Elbow Strike

Lower Rolling Block into:

- Downward Elbow Strike
- Upwards Crane Strike
- Front Back Fist

Upper Rolling Block into:

- Ridge hand Strike
- Upwards Elbow Strike
- Forward Crane Strike

Second Tip

- Sliding Axe Kick, Sliding Hook Kick,
- Front Leg Axe Kick, Front Leg Hook Kick

Third Tip

- Sliding Turning Kick
- Jump Turning Back Kick
- Spinning Shin Kick

BROWN BELT

Blue Phoenix Syllabus



Fourth Tip

- **Arm Bar Over** from: Same Hand and Cross Hand Grabs

Fifth Tip

- **Kicking Defence Skills:**
- 1. Against a Front Kick**
 - Lower X Block and Pull
- 2. Against a Turning Kick**
 - Circular Axe Kick
- 3. Against a Crescent Kick**
 - Low Side Kick
- 4. Against a Back Kick**
 - Push Kick

Sixth Tip

- **Sparring (5 Min Round):** Light Contact Free Sparring (NO HEAD CONTACT)
- **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

Blue Phoenix Syllabus



Belt Overview

Red Belt Red Belt signifies a transition into mastery, focusing on weapon integration and more advanced age specific 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. Kicking focuses on explosive aerials, including the Jump Spinning Turning Kick, Advanced Jump Turning Back Kick, and Jumping Axe Kick. Mastery is finally proven through a five-minute round of Regular Free Sparring, integrating the full spectrum of Hapkido skills.

First Tip

- **Hand Technique Review:** Students are required to remember each Hand Technique from white to brown belt performed as individual techniques

Second Tip

- Jump Spinning Turning Kick,
- Jump Spinning Inner Crescent Kick
- **Kicking Combination:** Jump Spinning Turning Kick, Jump Spinning Inner Crescent Kick

Third Tip

- Jumping Axe Kick
- Advanced Jump Front Kick

Fourth Tip

- **Kicking Review:** Students are required to remember each kick from white to brown belt performed as individual techniques

Fifth Tip

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

RED BELT

Blue Phoenix Syllabus



Sixth Tip

- **Sparring (5 Min Round):** Regular Free Sparring using all Hapkido Skills
- **Arm Bar Under** from: Same Hand and Cross Hand Grabs
- **Sequence: 1:** Spinning Turning Kick, Spinning Hook Kick, Advanced Jumping Front Kick
- **Sequence: 2:** Jumping Axe Kick, Jump Spinning Inner Crescent Kick, Spinning Knifehand

GREY / BLACK BELT

Blue Phoenix Syllabus



Belt Overview

The Grey / Black Belt syllabus acts as a transition belt for our 5-8 Year old Studnets who reach this rank before the age of 8. Students learn the additional techniques from the Red Phoenix Syllabus that are not taught in the Blue Phoenix Program. At the completion of this Belt students regardless of their age are able to move into the Red Phoenix program as a Provisional Black Belt.

First Tip	
• Hand Technique Combinations Review: Random Striking Combinations using Hand Techniques from White - Brown Belt	
Second Tip	
• Reverse Spinning Turning Kick • Advanced Jump Turning Back Kick	
Third Tip	
• Blocking Review: Studnets are required to demonstrate each block from White - Brown Belt	
Fourth Tip	
<u>Rolling Blocks into Self Defence Techniques:</u> Inner, Outer, Upper and Lower Rolling Blocks into • Arm Bar Over • Arm Bar under	
Fith Tip	
• Self Defence Techniques: <u>Leg Sweep</u> and <u>Shoulder Leaver</u> from: Same Hand, Cross Hand, Two Hand Grab, Two Hands onto One and Choke	
Sixth Tip	
• Sparring (5 Min Round): Regular Free Sparring using all Hapkido Skills • Weaponry Review: Studnets are to perform their Weapons Routine from Red Belt as well as demonstrate Basic Strikes, Blocks, Spinning and Step Sparring.	