

FIRE PHOENIX

MARTIAL ARTS

GREEN PHOENIX

SYLLABUS



ON CROWN

STUDENTS AGED 3 - 5

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

Green 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

- **Sequence: 1:** Jab, Cross, Front Kick,
- **Sequence: 2:** Hook, Uppercut, Turning Kick

ORANGE BELT

Green 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

Second Tip

- **Blocking Skills:** Cover Blocks

Third Tip

- Inner Crescent Kick
- Downward Knifehand Strike

Fourth Tip

- Inner Knifehand Strike
- Outer Crescent Kick

Fifth Tip

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

Sixth Tip

- **Sequence: 1:** Inner Crescent Kick, Knifehand Strike
- **Sequence: 2:** Jumping Front Kick, Downward Knifehand Strike

YELLOW BELT

Green 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, 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

Second Tip

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

Third Tip

- Upwards Elbow Strike, Downwards Elbow Strike

Fourth Tip

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

Fifth Tip

- 1 Step Sparring

Sixth Tip

- **Sequence: 1:** Sliding Front Kick, Double Turning Kick
- **Sequence: 2:** Side Kick, Downwards Elbow Strike

ORANGE / YELLOW BELT

Green Phoenix Syllabus



Belt Overview

The Orange / Yellow Belt syllabus helps our youngest students begin to prepare for the transition into the Blue Phoenix program. It combines the skills taught from Orange and Yellow Belt as well as the addition of any extra techniques from the Blue Phoenix Orange and Yellow Belt Syllabus. Once this belt has been completed a student would have the same skill as a Blue Phoenix Student regardless of their age and would be able to move into the Blue Phoenix program as a Green Belt.

First Tip

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

Second Tip

- Ridge Hand strike
- Inner Ridge Hand strike

Third Tip

Blue Phoenix Sequences

- **Orange Sequence 1:** Inner Crescent Kick, Stepping Side Kick, Knifehand Strike
- **Orange Sequence: 2:** Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

Fourth Tip

- *Double Turning Kick*

Fifth Tip

- 3 Step Sparring
- **Falling** - Forward Shoulder Roll

Sixth Tip

Blue Phoenix Sequences

- **Yellow Sequence: 1:** Sliding Front Kick, Double Turning Kick, Ridge Hand Strike
- **Yellow Sequence: 2:** Side Kick, Turning Back Kick, Elbow Strike