



## Jamie Woodland's Black Belt Academy Grading Syllabus

LEVEL		PHASE 1
FITNESS	1	Punch Push Ups x 20
	2	20 Muhammed Ali's
	3	Lateral Squat Thrusts x 20
	4	20 Plank Jacks
	5	Horse Stance Blocking Drill x 10
	6	
COMBINATIONS	WK1	High Block, Reverse Punch, Round Kick
	WK2	Jab, Cross, Hook, Uppercut
	WK3	Lead Snap Kick, Turning Kick
	WK4	Reverse Punch, Side Kick
	WK5	Skip Axe Kick
	WK6	Lead Double Round Kick
	WK7	Cycle Kick
PATTERN		As Per Grade
1 STEP SPARRING		(1-2)
2 STEP SPARRING		(----)
SET DEFENSE		1
FREE SPARRING		(----)