



Jamie Woodland's Black Belt Academy Grading Syllabus

LEVEL		PHASE 2	
FITNESS	1	Punch Push Ups x 20	
	2	20 Muhammed Ali's	
	3	20 Jump Switch Lunges	
	4	20 Plank Jacks	
	5	Blocking Drill x 12	
	6		
COMBINATIONS	WK1	High Block, Reverse Punch, Round Kick, Cross	
	WK2	Hook, Uppercut, Push, Superman Punch	
	WK3	Lead Snap Kick, Round Kick, Reverse Punch	
	WK4	Reverse Punch, Side Kick, Spinning Side Kick	
	WK5	Skip Axe Kick, Cross	
	WK6	Lead Double Round Kick, Cross, Hook, Round Kick	
	WK7	Cycle Kick	
PATTERN		As Per Grade	
1 STEP SPARRING		(1-4)	
2 STEP SPARRING		(----)	
SET DEFENSE		(1-3)	
FREE SPARRING		Yes	