



Jamie Woodland's Black Belt Academy Grading Syllabus

LEVEL		PHASE 3
FITNESS	1	20 Gecko Press Ups
	2	20 Muhammed Ali's
	3	20 Jump Switch Lunges
	4	20 Plank Jacks
	5	Bounce Round Kicks x 10
	6	Blocking Drill x 21
COMBINATIONS	WK1	Body Check, Reverse Punch-Ridge Hand, Round Kick, Back Kick
	WK2	Slip Left, Hook, Uppercut, Push, Superman Punch
	WK3	Lead Hook Kick-Turning Kick, Spinning Side Kick-Blitz
	WK4	Double Side Kick, Spin Hook Kick
	WK5	Skip Axe Kick, Hook, Spinning Kick
	WK6	Lead Double Round Kick, Cross, Hook, Jumping Round Kick
	WK7	Cycle Kick
PATTERN		As Per Grade
1 STEP SPARRING		(1-7)
2 STEP SPARRING		(1-2)
SET DEFENSE		(1-6)
FREE SPARRING		Yes