



Jamie Woodland's Black Belt Academy Grading Syllabus

LEVEL	BLACK BELT	
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 20
	6	Blocking Drill x 21
COMBINATIONS	WK1	Parry-1 2 3, High Cover-3 2, High Cover-2 3, Double Round Kick
	WK2	Double Front Kick-Jab-Ridgehand, Defensive Side Kick, Back Kick, Backfist, Reverse Punch
	WK3	Low Parry, Lead Hawkeye Kick, Cross Punch-Ridgehand-Round Kick
	WK4	Jump Spinning Side Kick, Reverse Punch-Backfist Blitz
	WK5	Toe to Toe Sweep-Side Kick, Inward Axe Kick, Spinning Kick, Drop Spinning Sweep
	WK6	2 Step Flying Double Side Kick-Spinning Kick
	WK7	Cycle Kick
PATTERN		As Per Grade
1 STEP SPARRING		(1-7 & Free)
2 STEP SPARRING		(1-5)
SET DEFENSE		(1-8)
FREE SPARRING		Yes