

**JWBBA COMPLETE SYLLABUS 22/03/2020 Online**

| LEVEL                   | PHASE1                                | PHASE 2   | PHASE 3  | BLACK BELT   |
|-------------------------|---------------------------------------|---|--|--|
| <b>FITNESS</b>          |                                       |   |  |  |
| 1                       | punch push ups x 20                   | punch push ups x 20                             | 20 gecko press ups   | 20 gecko press ups   |
| 2                       | 20 muhammed alis                      | 20 muhammed alis                                | 20 muhammed alis   | 20 muhammed alis   |
| 3                       | lateral Squat thrusts X 20            | 20 jump switch lunges                           | 20 jump switch lunges  | 20 jump switch lunges  |
| 4                       | 20 plank jacks                        | 20 plank jacks                                  | 20 plank jacks   | 20 plank jacks   |
| 5                       | Horse stance blocking drill x 10      | blocking drill x 12                             | Bounce round kicks x 10  | Bounce round kicks x 20  |
| 6                       |                                       |   | blocking drill x 21  | blocking drill x 21  |
| <b>COMBINATIONS WK1</b> | High block, reverse punch, round kick | High block, reverse punch, round kick, cross    | Body check, reverse punch-ridge<br>hand, round kick, back kick | Parry-1,2,3, High cover-3,2, High<br>Cover 2,3, double round kick                              |
| <b>WK2</b>              | Jab,cross, hook, uppercut             | Hook, uppercut, push, superman punch            | Slip left, Hook, uppercut, push,<br>superman punch             | Double front kick-jab-ridgehand,<br>Defensive side kick, back kick, backfist,<br>reverse punch |
| <b>WK3</b>              | Lead Snap kick, Turning Kick          | Lead Snap kick, round kick, reverse punch       | Lead Hook kick-turning kick,<br>spinning side kick-blitz       | Low parry, lead hawkkeye kick, cross<br>punch-ridgehand-round kick                             |
| <b>WK4</b>              | Reverse punch, Side kick              | Reverse punch, side kick, Spinning side kick    | Double side kick, spin hook kick                               | jump spinning side kick, reverse punch-<br>backfist blitz                                      |
| <b>WK5</b>              | Skip Axe kick                         | Skip axe kick, cross                            | Skip axe kick, cross, hook, spinning<br>kick                   | Toe to toe sweep-side kick, inward axe<br>kick, spinning kick, drop spinning sweep             |
| <b>WK6</b>              | Lead double round kick                | Lead double round kick, cross, hook, round kick | Lead double round kick, cross, hook,<br>jumping round kick     | 2 step flying double side kick-spinning<br>kick  |
| <b>WK7</b>              | Cycle kick                            | Cycle kick                                      | Cycle kick   | Cycle kick   |
| <b>PATTERN</b>          | As per grade                          | As per grade                                    | As per grade   | As per grade   |
| <b>1 STEP SPARRING</b>  | (1-2)                                 | (1-4)   | (1-7)  | (1-7 and free)   |
| <b>2 STEP SPARRING</b>  | (---)                                 | (---)   | (1-2)  | (1-5)  |
| <b>SET DEFENSE</b>      | 1                                     | (1-3)   | (1-6)  | (1-8)  |
| <b>FREE SPARRING</b>    | (---)                                 | Yes   | Yes  | Yes  |