

# North East Martial Arts

Getting a kick out of life

## Korean Kickboxing Coloured Belt Syllabus 2014

	Line Work				Hand Drills	Sparring
	Combo 1	Combo 2	Combo 3	Combo 4		
White	Jab, cross, BL knee strike	Jab, cross, LL front snap kick	Jab, cross, LL knee strike, BL front snap kick	Jab, lead hook, cross, lead hook	1	Shadow
Purple	Jab, lead hook, BL pushing kick	LL turning kick, jab, cross, BL pushing kick	LL axe kick, jab, cross, LL front snap kick	C LL front snap kick + turning kick, jab, cross	2	Shadow
Yellow	K block, LL Thai kick	LL side kick, jab, cross, hook, uppercut	C LL Thai kick + turning kick, BL axe kick	K block, LL side kick, jab, uppercut	3	Shadow
Orange	K block, jab, cross, BL Thai kick	LH backfist, cross, LH hook, C LL Thai kick + turning kick	Slow motion: C LL side kick x 2	Jab, cross, LH hook x 2, cross, LL turning kick	4	Shadow
Green	LL hooking kick, jab, cross, LH head block	C LL Thai kick + turning kick + hooking kick	Jab, LH head block, BL knee strike, BL jumping turning kick	LL hooking kick, LL side kick	5	5 x 90s rounds
Brown	LL turning kick, back kick, side kick	Back fist, cross, hook, BH front elbow	Slow motion: C LL front snap kick + turning kick + side kick, back kick	Back fist, cross, jab, upset punch	6	5 x 90s rounds

LL = Lead leg | LH = Lead hand | BL = Back leg | BH = Back hand |  
C = Consecutive kicks

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Blue	LH head block, cross, hook, jumping back kick	LL axe kick, LL turning kick, LH front elbow, BH upward elbow	Jumping back kick, jumping back kick, jab, cross	LL turning kick, jab, upset punch, jab	7	5 x 90s rounds
Red Stripe	K block, LL turning kick, spinning kick	Spinning kick, back kick, back kick	LH head block, LH front elbow, BH downward elbow, BL knee strike	Slow motion: C LL Thai kick + turning kick. C spinning kick + turning kick	8	5 x 90s rounds

## Korean Kickboxing Black Belt Syllabus 2014

	Pad Work: Any 8 combinations from the coloured belt line work syllabus plus those listed below.				Hand Drills	Fitness Test	Sparring
	Combo 1	Combo 2	Combo 3	Combo 4			
Red	360 turning kick	360 axe kick (inwards)	360 back kick	360 hooking kick	1 - 9	30s x 10 exercises	8 x 90s rounds
Black Stripe	BL front snap kick, back kick, stance change. Repeated continuously.	BL turning kick, 360 turning kick, stance change. Repeated continuously.	Jumping back kick, travelling backwards.	LL sliding turning kick, BL exchange turning kick. Repeated continuously.	1 - 10	30s x 20 exercises	8 x 90s rounds

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## Exercise list for red belt and black stripe gradings

Red Belt to Black Stripe	Black Stripe to Black Belt
Shoulder width push ups	Tuck jumps
Mountain climbers	Leg raises
Shuttle run	Tiger push ups
Crunches	Full burpee (Push up and tuck jump)
Wide push ups	Jump lunges
Squat thrusts	V-sits
Star jumps	Scorpion push ups
Sit ups	Round the Worlds
Narrow push ups	Squat jumps
1/2 burpee (No push up, no jump)	High knees

## Grading Protocol

- 1 Fitness tests for red belts and black stripes. Red belts and black stripes then rest during coloured belt line work. (Advised to stay warm)
- 2 3 x rounds of shadow sparring (1 = arms only, 2 = legs only, 3 = arms and legs)
- 3 White belt line work and hand drill 1.
- 4 Purple belt line work and hand drill 2.
- 5 Repeat until red stripe line work and hand drill 8 is complete.
- 6 Sparring test for green belts and above. (5 x 90s for green to red stripe, 8 x 90s for red belts and black stripes)
- 7 Coloured belts may leave. Encouraged to stay to support higher grades and hold pads etc.
- 8 Red belts and black stripes perform all known hand drills.
- 9 Pad work combinations for red belts and black stripes.

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