



Grading Requirements

- Children are now assessed and promoted on attendance, ability and attitude. They have to have satisfied the requirements for each belt level as written below. To be able to grade, students need to have at 100% attendance (according to the belt level criterion)
- *As a trainer it is very important that you teach according to the grading requirement.*
- The following guide is what to look for, teach and correct the student in class. Have a good knowledge of the following requirements will enhance your teaching and improve the student.

Attitude

- Understands commands
- Responds to prompts from trainer. (what is ready stance etc etc)
- Pays attention
- Lines up and listens
- Is helpful to fellow students and junior or younger students
- Shows respect to other students and instructors.

Fighting Stance

- Left leg forward
- Elbows in
- Right hand on chin.

Punches

- Punching to the centre line
- Hands come back to guard up
- Back foot turned on cross

Kicks

- Guard up.
- Start and finish in fighting stance-left leg forward.
- All kicks extended and retracted
- Side kick: Point hip heel up, toes down.

Combinations

- Starting and finishing in fighting stance.
- Guard up
- Smooth transition between moves
- Technique maintained according to points above.

Pads

- Lines up and is patient taking turn
- Has power, technique and focus

Self Defence

- Understands the moves
- Smooth correct movement with out having to be prompted
- Break falls
 - Hand hitting the mat at 30degrees
 - Chin on chest, head not hitting the floor