



# Adelaide Academy of Combat & Defence

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## Grading Syllabus – Green

- 1) 5 X left and right Spear hand strike
- 2) 5 X left and right Oxjaw strike
- 3) 5 X left and right Knee strike
- 4) 5 X left and right Foot sweep
- 5) 5 X left and right Heel stomp
- 6) 5 X left and right Reverse heel kick
- 7) 5 X left and right Heel raise kick
- 8) 2 X Backward roll
- 9) 3 X l/r 2 hands grab 1 wrist breakaway 1(Grab back of hand mawashi strike)
- 10) 3 X l/r 2 hands grab 1 wrist breakaway 2(Grab palm of hand upward elbow)
- 11) 3 X l/r 2 hands grab 1 wrist breakaway 3(Push elbow up, grab back of hand/pull)
- 12) 3 X l/r Same side wrist grab 11(Grab fingers with other hand, twist wrist)
- 13) 3 X l/r Same side wrist grab 12(Grab outside of elbow, trussed arm lock)
- 14) 3 X l/r Same side wrist grab 13 C/G under turn in, trussed arm lock)
- 15) 3 X l/r Same side wrist grab 14(C/G over, turn under)
- 16) 3 X l/r Same side wrist grab 15(Centre lock)
- 17) 3 X l/r Cross wrist grab 7(Point fingers at eyes, C/G push on back of hand)
- 18) 3 X l/r Cross wrist grab 8(C/G wrist, grab fingers push up/ reverse direction)
- 19) 3 X l/r Side wrist grab 1(C/G under, push with elbow)
- 20) 3 X l/r Side wrist grab 2(C/G over push with elbow)
- 21) 3 X l/r Defence against a punch 1(Grab wrist, arm bar)
- 22) 3 X l/r Defence against a punch 2(Grab wrist, hand under jaw)

Pass (29) Good (40) Exe (53)