



# Adelaide Academy of Combat & Defence

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## Grading Syllabus – Orange

- 1) 5 X left and right Ridge hand strike.
- 2) 5X left and right Upper cut punch
- 3) 5 X left and right Round house punch
- 4) 5 X left and right Palm heel strike
- 5) 5 X left and right Back elbow strike
- 6) 5 X left and right Side elbow strike
- 7) 5 X left and right Round house kick
- 8) 5 X left and right Crescent kick
- 9) 5 X left and right Groin kick
- 10) 5 X left and right Passing block
- 11) 2 X Forward roll
- 12) 3 X left and right Shoulder roll
- 13) 3 X left and right Side breakfall
- 14) 3X left and right Breakaway 5. (Turn in/elbow strike)
- 15) 3X left and right Breakaway 6. (Hand to knee)
- 16) 3 X left and right Breakaway 7. (Hand horizontal)
- 17) 3 X left and right Breakaway 8. (Hand to shoulder)
- 18) 3 X left and right Breakaway 9. (Hand across face /take down)
- 19) 3 X l/r Same side wrist grab 3. (Corkscrew)
- 20) 3 X l/r Same side wrist grab 4. (Dislocate thumb)
- 21) 3 X l/r Same side wrist grab 5. (Thumb under /wrist lock)
- 22) 3 X l/r Cross wrist grab 1. (Outside counter grab/armbar)
- 23) 3 X l/r Cross wrist grab 2. (Inside counter grab/over shoulder)
- 24) 3 X l/r Cross wrist grab 3. (Inside counter grab/ figure 4)

Pass (31) Good (43) Exe (53)