



Adelaide Academy of Combat & Defence

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Grading Syllabus – Red

- 1) 5X left and right Jab punch.
- 2) 5X left and right Cross punch.
- 3) 5X left and right Knife hand strike.
- 4) 5X left and right Bottom fist.
- 5) 5X left and right Back fist.
- 6) 5X left and right Front kick.
- 7) 5x left and right Side kick.
- 8) 5X left and right Back kick.
- 9) 5X left and right Upward block.
- 10) 5X left and right Down ward block.
- 11) 5X left and right Universal block..
- 12) Explain tapping system.
- 13) Demonstrate stances.
- 14) 3 X left and right Breakaway 1.(Push in twist out)
- 15) 3 X left and right Breakaway 2.(Large outside circle)
- 16) 3 X left and right Breakaway 3. (Strike with knife hand)
- 17) 3 X left and right Breakaway 4. (Strike with bottom fist)
- 18) 3 X l /r Same side wrist grab 1. (Wrist lock and step around)
- 19) 3 X l /r Same side wrist grab 2. (Wrist lock strike knife hand)
- 20) 3 X Double handed choke from the front.
- 21) 3 X Double handed choke from the back.
- 22) 3 X left and right Shoulder grab.

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