



# Adelaide Academy of Combat & Defence

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## Grading Syllabus – Yellow

- 1) 5X left and right Tiger mouth.
- 2) 5X left and right Instep kick.
- 3) 5X left and right Round house elbow strike.
- 4) 5X left and right Inside block.
- 5) 5X left and right Outside block.
- 6) 5X left and right Knife hand block.
- 7) 5X left and right Knuckle punch. (Hiraken)
- 8) 5X left and right Finger jab.
- 9) 3 X left and right Breakaway 10. (Roundhouse elbow to jaw )
- 10) 3 X left and right Breakaway 11. (Upward elbow to sternum )
- 11) 3 X left and right Breakaway 12. (Tiger mouth )
- 12) 3 X left and right Breakaway 13.(Turn outside/elbow strike to back)
- 13) 3 X left and right Breakaway 14.(Duck under/knife hand strike)
- 14) 3 X left and right Same side wrist grab 6.( Change hands/Wrist lock/step in twist chin)
- 15) 3 X left and right Same side wrist grab 7.(Outside C.G./armbar, two circles)
- 16) 3 X left and right Same side wrist grab 8.(C.G. other hand/finger lock)
- 17) 3 X left and right Same side wrist grab 9.(outside C.G./gooseneck)
- 18) 3 X left and right Same side wrist grab 10.(Push/strike under elbow/figure 4 over shoulder)
- 19) 3 X left and right cross wrist grab 4.(Inside C.G./press elbow/turn out and under)
- 20) 3 X left and right Cross wrist grab 5. (C.G other hand/S bend)
- 21) 3 X left and right Cross wrist grab 6.(Inside C.G./pull on throat)

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