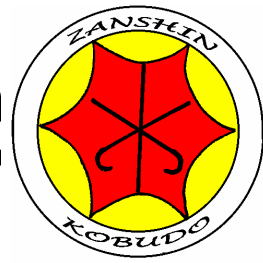


# Adelaide Academy of Combat & Defence

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## Grading Syllabus – 5<sup>th</sup> Kyu

### SINGLE STICK

- 1) Free flow warm up.
- 2) 1<sup>st</sup> & 2<sup>nd</sup> Striking drill.
- 3) Overhead strike. (block and disarm)
- 4) Forehand strike. (block and disarm)

### DOUBLE STICK

- 5) Warm up drill.
- 6) 1<sup>st</sup> Striking drill.

### WALKING STICK

- 7) Warm up twirls.
- 8) Moving striking drill, L/R.
- 9) Moving blocking drill, L/R.
- 10) Defence against double lapel grab. (arms pin)
- 11) Defence against straight punch. (block & spin)
- 12) Defence against double lapel grab. ( interlock arms )
- 13) Walking stick kata ( right stance )
- 14) Walking stick kata ( left stance )

### YAWARA

- 15) Defence against straight punch, (wristlock).
- 16) Defence against straight punch, (neck pin).
- 17) Defence against straight punch, (chest pin).

PASS(20) GOOD(30) EXC(43)