

Red Belt 1st Grading

Stance

- Left Stance
- Right Stance

Arm Techniques

- Jab
- Cross
- Hook
- Upper cut

Leg Techniques

- Front Kick (Snap Kick)
- Rear Leg Round House Kick

Defence Work (Illustrated with a partner)

- Parry (Both arms)
- Slip - Slip

Pad Work Combinations

- Jab > Cross > Hook > Upper cut
- Jab > Cross > Slip - Slip > Hook Cross
- Left Front Kick > Jab > Cross > Rear Leg Round House

Workout Drills

- Punch and Kicking drills 3 x 45 second rounds with 30 seconds rest

Fitness Test

- 20 Push-Ups (Girls can perform these off their knees)
 - 20 Sit-Ups
 - 20 Burpees

Yellow Belt 2nd Grading

Assessment begins with covering the Red Belt syllabus techniques.

Stance

- Moving Forward and Backwards

Arm Techniques

- Double Jab
- Back Fist

Leg Techniques

- Side Kick
- Front Push Kick
- Low Point Round House Kick (Thai Kick to thigh) Inside & Outside
- Forward Knee
- Foot Sweep (Tap)

Defence work (illustrated with a partner)

- Side step Evasion (Ghost)
- Knee Block
- Leg Check

Sparring

- Controlled one step sparring illustrating offensive and defensive named techniques

Pad Work Combinations

- Double Jab > Right Uppercut > Left Hook > Right Cross > Knee
- Leg Check > Right Cross > Long Left Hook > Right Round House
 - Double Jab > Sweep, Right Cross > Thigh kick

Workout Drills

- Punch and Kicking drills 4 x 1 minute rounds with 30 seconds rest

Fitness test

- 25 Push Ups
- 25 Sit Ups
- 25 Burpees

Orange Belt 3rd Grading

Assessment begins with covering Red & Yellow Belt syllabus techniques

- Student must complete a HKA Level 1 pad course (white stripe)

Stance

- Ability to move forward, backwards, left and right
 - Ability to switch stance
 - Ability to jab whilst moving

Arm Techniques

- Dropping body shots (3 variances)
 - Screw shots - Jab / Cross

Leg Techniques

- Jump Scissor Front Kick
 - Side Knee
- Straight Leg Spinning Round House Kick
 - Hook Kick (Both legs)
 - Axe Kick (Both legs)

Defence (Illustrated with a partner)

- Rolling Evasion
- Basic Clinch & Knee
 - Pressing Block
 - Elbow Blocks

Pad Work Combinations (with partners)

- Jab > Screw Cross > Left body > Cross > Knee
- Double Jab > Cross > Rolling Evade > Cross > Hook > Straight leg spinning round house
 - Jab > Push Kick > Axe Kick > Hook Kick
- Screw Jab > Cross > Scissor Front kick > Switch left round

Sparring

- 1 & 2 Step sparring against named attacks, Illustrating basic offensive and defensive skills.
- Counter Sparring, Illustrating the ability to deliver a named counter attack against a named attack.

Workout Drills

- Punch and Kicking drills 4 x 1 minute rounds with 30 seconds rest

Fitness test

- 30 Push-Ups • 30 Sit-Ups • 30 Burpees

Green Belt 4th Grading

Assessment begins with covering Red, Yellow & Orange Belt syllabus techniques

- Ability to move in all directions
- Throwing basic named combinations whilst moving
- Student must complete a HKA Level 1 Sparring confidence seminar (white stripe)

Arm Techniques

- Slipping Jab
- Turning Back Fist
- Over Arm Cross

Leg Techniques

- Jumping Round House Kick
- Jumping front Kick
- Teep Front Kick
- Spinning Hook Kick
- Turning back Kick

Defence

- Catch & Single Strike
- Over Arm Block (from Axe Kick)
- Take down with Counter Strike (basic)????

Pad Work Combinations (with partners)

- Slipping Jab > Cross > Spinning Hook Kick
- Teep > Jab, Cross > Jumping Front kick
- Double Jab > Cross > Hook > Turning Back Kick
- Jab > Over arm Cross > Hook > sweep > Jumping Round house

Sparring

- Continuous light sparring for 3 x 1.5 minute rounds.

Pad Work Combinations

- 3 x 1.5 Minute rounds of a mixture of combinations taken from previous grades.

Workout Drills

- Punch and Kicking drills 5 x 1.5 minute rounds with 30 seconds rest

Fitness test

- 35 Push-Ups
- 35 Sit-Ups
- 35 Burpees

Purple Belt 5th Grading

Assessment begins with covering Red, Yellow, Orange & Green Belt techniques.

- Student must complete a HKA Level 2 pad course (white stripe)

Stance

- Shadow Boxing, illustrating ability to move and turn in all directions whilst delivering punches and kicks.

Arm Techniques

- Stepping Cross
- Sliding Cross
- Jumping Cross (superman)
- Spinning Back Fist

Leg Techniques (Performed onto pads)

- Crescent Kick
- Sickle Kick
- Jumping Turning Back Kick
- Jumping Spinning Round House Kick (Tornado Kick)

Defence (Illustrated with a partner)

- Long Guard (Thai Guard)
- Double Forearm Block
- Over Arm Hook Deflection

Pad Work Combinations (with partners)

- 5 x 1.5 Minute rounds of a mixture of combinations taken from previous grades.

Sparring

- 3 x 1.5 Minute rounds of semi contact sparring

Workout Drills

- Punch and Kicking drills 5 x 1.5 minute rounds with 30 seconds rest
- 45 Push-Ups
- 45 Sit-Ups
- 45 Burpees

Blue Belt 6th Grading

Assessment begins with covering Red, Yellow, Orange, Green & Purple Belt techniques

- Student must complete a HKA Level 2 Sparring confidence seminar (white stripe)

Stance

- 2 Rounds of advanced shadow sparring

Arm Techniques

- Elbow strikes - 1. Upward 2. Hooking 3. Over the top
 - Power Drill – (Big Cross, Holding Jab, Cross)
 - Pillar Drill – (Left, Right, Left, Up, Round house)

Leg Techniques

- Jumping Spinning Side Kick
- Jumping Spinning Hook Kick
 - Jumping Knee

Defence

- Advanced Clinch Work
 - Restrain an attacker
 - Overwhelming defence

Pad Work Combinations (with partners)

- 5 x 2 Random combinations assigned on the day

Sparring

- 3 x 2 Minute rounds of semi contact sparring

Workout Drills

- Punch and Kicking drills 5 x 2 minute rounds with 30 seconds rest

Fitness test

- 50 Push-Ups
- 50 Sit-Ups
- 50 Burpees

Complete and pass

- Level 1 Coaches course

Brown Belt 7th Grading

Assessment begins with covering Red, Yellow, Orange, Green, Purple & Blue Belt techniques. The student must complete a Lesson Plan form and use this to instruct a Lesson. The student must attend a grading to assess the level of information of the grading system. The student must illustrate the ability to coach both basic and advanced techniques presented by the examiner. The student must be able to recall all moves from the syllabus upon request. The student must be able to produce and demonstrate both basic and advanced combinations.

Arm Techniques

- Open Palm Strike
- Spinning Elbow
 - Ridge Hand
 - Knife Strike

Leg Techniques

- Low Kick in and out (Shin Strike)
- Double Jumping Front Kick
- Double spinning Side Kick

Grappling & ground techniques

- 2 x Chokes
- 2 x Arm locks
- 2 x Throws

Pad Work Combinations (with partners)

- 6 x 2 Minute of boxing drills assigned by the examiner.

Sparring

- 5 x 2 Minute rounds of semi contact sparring
- 2 x 1 Minute rounds coaching a novice on the basics of sparring.
- Defence against multiple attackers using both Grappling and striking techniques

Fitness test

- 60 Push-ups in 5 minutes
- 60 Sit-ups
- 60 Burpees

Complete and pass

- Level 1 and 2 Padding, Sparring and Coaches courses (or CTA)
 - Complete 3 light contact bouts
 - Referee, cornering course
- Proof of coaching (see syllabus book)
- Taught 5 classes on Instructors request (selected and observed senior Instructor)

Black Belt 8th Grading 1st Dan

Assessment begins with covering Red, Yellow, Orange, Green, Purple, Blue & Brown Belt techniques.

The student must illustrate the following before being considered for a Black belt grading under Hastings Kickboxing Academy

Fitness test (run)

- 6k run completed in under 35mins. (Route picked by Instructor)
Complete and pass
- 1 Years assistant coaching under the supervision of an HKA Black Belt
- Competed in at least 3 semi contact & 1 Full contact bouts
- Assessment of coaching skills to a group of novice Kickboxers.
 - Assessment of advanced coaching skills.
- Ability to illustrate pressure point manipulation of at least 3 separate areas.
 - Any given drill assigned by the instructor on the day

Fitness test

- 5 x 3 minute rounds of pad work (combinations provided on the day)
 - 5 x 2 minute rounds of sparring (Semi contact)
 - 5 x 2 minute rounds of sparring (Full contact)
 - 75 push-ups
 - 75 Sit-ups
 - 75 Burpees

Complete and pass

- Complete minimum 1 full contact bout.
- Complete a written essay on the importance of martial arts and becoming a black belt means to them!
- Emergency First aid at work trained
- Level 3 Coaches course – CTA and or ITA program
- Be a positive active member of the HKA team, Coaching, cornering, fight training
- DBS checked; Coaches are expected to be safe to work with other members within the last year prior to grading.
- Completed the full Black Belt Examination (physical test)
- Completed student evaluation form (Instructors notes and assessments)
- All this MUST be signed off by the lead instructor before grading is started