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###### Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Instructor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chief Instructor – Master Gary Gassor**

**8th Degree Black Belt in I.T.F. Taekwon-Do &**

**7th Degree Black Belt in Kickboxing**

**Revised Edition: May 2017**

[***www.mafcmartialarts.com***](http://www.mafcmartialarts.com)

**WHITE BELT TO YELLOW BELT**

**SKILL** **FITNESS**

How to make a fist 10 Press Ups

**STANCES (Step forward & backward**) 10 Sit Ups

1/ Left Fighting Stance 10 Squat Thrusts

2/ Right Fighting Stance

3/ Horse stance

**FOOTWORK** **SHEILD (1 Minute round)**

Forward-Backward-Left-Right 1/ Lead Push Kick

**HAND TECHNIQUES (On spot)** 2/ Rear Push Kick

1/ Left Jab **HAND TECHNIQUES (On pads)**

2/ Straight Right 1/ Left Jab

3/ Left Hook 2/ Left Jab-Left Jab

4/ Right Hook 3/ Left Jab-Straight Right

5/ Left Uppercut 4/ Left Jab-Left Jab-Straight Right

6/ Right Uppercut

7/ Step through Punch **COMBINATIONS**

1/ Left Jab-Straight Right-Rear Push Kick

2/ Lead Push Kick-Left Jab-Straight Right

**LEG TECHNIQUES**

1/ Front Leg Raise

2/ Outward Crescent Kick **DEFENCE**

3/ Inward Crescent Kick 1/ Outward Block (Horse & Fighting stance)

4/ Rear Front Push Kick 2/ Rising Block (Horse & Fighting stance)

5/ Lead Front Push Kick 3/ Bob & weave-Left Hook-Right Hook

**YELLOW BELT TO ORANGE TAG**

**FOOTWORK** **KNEES**

1/ Forward-Backward-Left-Right 1/ Rear Front Knee

2/ ¼ Turn 2/ Lead Front Knee

3/ Mirroring (With a partner)

**HANDS** **FITNESS**

1/ Left Jab (Head-Body) 15 Press Ups

2/ Straight Right (Head-Body) 15 Sit Ups

3/ Step through Punch (Right & Left) 15 Squat Thrusts

4/ Left Hook **STANCES**

5/ Right Hook 1/ Neutral Stance

6/ Left Uppercut 2/ Forward Bow Stance

7/ Right Uppercut 3/ Rear Fighting Stance

8/ Downward Punch **DEFENCE**

**LEG TECHNIQUES** 1/ Inward Block (Horse & Fighting stance)

1/ Rear Push Kick 2/ Low Block (Horse & Fighting stance)

2/ Lead Push Kick 3/ Bobs (Against Straight Punches)

3/ Rear Front Snap Kick 4/ Bob & Weave (Against Hook Punches)

4/ Lead Front Snap Kick 5/ Slap Blocks (Left & Right)

5/ Rear Roundhouse Kick (Low-Middle)

6/ Lead Roundhouse Kick (Low-Middle) **PADWORK**

1/ Left Jab-Right Elbow

**ELBOWS** 2/ Left Jab-Right Elbow-Right Knee

1/ Lead Horizontal Elbow 3/ Left Jab-Right Elbow-Right Knee-Right

2/ Rear Horizontal Elbow Roundhouse Kick

**ORANGE TAG TO ORANGE BELT**

**FOOTWORK (Arms extended**) **FITNESS**

1/ Female Triangle (Forward) 20 Press Ups

2/ Male Triangle (Backward) 20 Sit Ups

**HAND TECHNIQUES** 20 Squat Thrusts

1/ Backfist

2/ Spinning Backfist **JUMPING KICKS**

3/ Spinning Hammer fist 1/ Jumping Front Snap Kick

4/ Jumping Punch 2/ Jumping High Front Kick

**LEG TECHNIQUES**

1/ Front Snap Kick (Instep) **PADWORK (4 Count Drills)**

2/ Rear Roundhouse Kick (Low-Middle-High) 1/ Left Jab-Straight Right-Left Hook-Straight Right

3/ Side Kick 2/ Add In Elbows

4/ Downward Kick (Lead & Rear) 3/ Add In Knees

**DEFENCE TECHNIQUES**  4/ Add In Roundhouse Kicks

1/ Duck (Against Hook Punches)

2/ Bob & Weave (Against Hook Punches) **SPARRING (1 for 1 with Sparring Gear)**

3/ Slap Blocks (Against Straight Punches) 1/ Hands Only

4/ Outside Leg Block (Against Low Roundhouse Kick) 2/ Legs Only

5/ Inside Leg Block (Against Low Roundhouse Kick) 3/ Hands & Legs

6/ Blocking Set (Horse Stance)

**13+ Years**

**1/ Seven Way Elbow**

**ORANGE BELT TO PURPLE TAG**

**LEG TECHNIQUES (Stepping Forward)** **FITNESS**

1/ Lead Side Kick 25 Press Ups

2/ Lead Roundhouse Kick 25 Sit Ups

3/ Lead Hook Kick 25 Squat Thrusts

4/ Lead Downward Kick

**DEFENCE (With Counters)** **KNEES (In Clinch with Hand Changes)**

1/Duck 1/ Front Knee

2/ Bob & Weave 2/ Roundhouse Knee

3/ Catches

4/ Parry (Lead & Rear) **JUMPING KICKS**

5/ Slap Blocks (Lead & Rear) 1/ Jump Front Snap Kick

6/ Sway Back 2/ Jump High Front Kick

**ELBOWS** 3/ Jump Side Kick

1/ Horizontal Elbow (Lead & Rear) 4/ Jump Roundhouse Kick

2/ Elbow Hook (Lead & Rear)

3/ Upward Elbow (Lead & Rear) **SPARRING (With Sparring Gear)**

4/ Jumping Horizontal Elbow (Lead & Rear) **13+ Years 4 Direction Kick**

**STANCES** **1/ Turning Wing**

1/ Cat Stance **2/ Circling Sword**

**3/ Delayed Sword**

**4/ Sword of Destruction**

**5/ Lone Kimono**

**SHORT FORM 1 TURNING WING**

**PURPLE TAG TO PURPLE BELT**

**LEG TECHNIQUES (Lead & Rear) FITNESS**

1/ Front Snap Kick 30 Press Ups

2/ Side Kick 30 Sit Ups

3/ Roundhouse Kick 30 Squat Thrusts

4/ Back Kick (In Ready Stance)

**JUMPING KICK**  **PADWORK (Shield)**

1/ Jump Spinning Crescent Kick (On Focus Mitts) 1/ Back Kick

2/ Flying Side Kick (Over Shield) 2/ Back Kick-Rear Knee

3/ Jump Back Kick (From Ready Stance) 3/ Back Kick- Rear Front Snap Kick

4/ Back Kick-Rear Jump Front snap Kick

**ELBOWS (Lead & Rear)**

1/ Horizontal Elbow **DEFENCE**

2/ Elbow Hook 1/ Catch Push Kick

3/ Upward Elbow 2/ Catch Roundhouse Kick

4/ Downward Elbow **13+ Years to add in Counters**

5/ Spinning Elbow

**KNEES** **SPARRING (With Sparring Gear)**

1/ Front Knee **13+ Years**

2/ Skip Knee **1/Alternating Maces**

3/ Jump Front Knee **2/ Deflecting Hammer**

**3/ Captured Twigs**

**4/ Grasp of Death**

**5/ Sword and Hammer**

**SHORT FORM 2 ALTERNATING MACES**

**PURPLE BELT TO BLUE TAG**

**LEG TECHNIQUES** **FITNESS**

1/ Spinning Hook Kick 30 Press Ups

**JUMPING KICKS**  30 Sit Ups

1/ Jump Front Snap Kick 30 Squat Thrusts

2/ Jump Side Kick 3x2 Minutes Skipping

3/ Jump Roundhouse Kick 1x2 Minutes Shadow Boxing

4/ Jump Spinning Back Kick

**ELBOWS SHIELD**

1/ Horizontal Elbow 1/ 1x2 Minutes Legs

2/ Elbow Hook 2/ 1x2 Minutes Straight Punches & Knees

3/ Upward Elbow

4/ Downward Elbow **SPARRING (With Sparring Gear)**

5/ Spinning Elbow

6/ Step in Elbow (Using Point) **13+ Years**

7/ Jumping Downward Elbow **1/ Triggered Salute**

**PADWORK** **2/ Dance of Death**

1/ Slap Blocks (With any Counter) **3/ Striking the Serpents Head**

2/ Chain Set-4 Count with Head Cover **4/ Tripping Arrow**

**13+ Years to Add Counters 5/ Five Swords**

**SHORT FORM 3 TRIGGERED SALUTE**

**BLUE TAG TO BLUE BELT**

**FOOTWORK** **FITNESS**

1/ Circle Drill (Using Straight Punches) 30 Press Ups

**LEG TECHNIQUES** 30 Sit Ups

1/ Front Scoop Kick 30 Squat Thrusts

2/ Lifting Heel Kick 3x2 Minutes Skipping

**JUMPING KICKS**  2x2 Minutes Shadow Boxing

1/ Jump Spinning Hook Kick

2/ Jump Downward Kick

**ELBOWS** **COMBINATION KICKS**

1/ Back Elbow 1/ Lead Roundhouse Kick Middle-High

2/ Spinning Upward Elbow 2/ Lead Side Kick Low-Middle

**PADWORK** 3/ Lead Hook Kick-Roundhouse Kick

1/ Chain Set-4 count with Head Covers

2/ Chain Set-4 Count with Bob & Weave

**13+ Years to Add Counters SPARRING (With Sparring Gear)**

**13+ Years**

**Thai Boxing 1-4**

**1/ Evading the Storm**

**2/ Returning the Storm**

**3/ Defying the Storm**

**4/ Clipping the Storm**

**5/ Breaking the Storm**

**SHORT FORM 4 EVADING THE STORM**

**BLUE BELT TO GREEN TAG**

**PADWORK** **FITNESS**

1/ Chain Set-4 Count Using Head Covers 30 Press Ups

2/ Chain Set-4 Count Using Bob & Weave 30 Sit Ups

3/ Chain Set-4 Count Using Body Covers 30 Squat Thrusts

**13+ Years to Add Counters** 3x2 Minutes Skipping

3x2 Minutes Shadow Boxing

**LEG TECHNIQUES** 3x2 Minutes Freestyle Pad work

1/ All Lower Grade Kicks

2/ 4 Directional Kick (Right & Left Side) **SPARRING (With Sparring Gear)**

3/ 3 Step Combination Kicks 1/ 1 for 1

**THROWS** 2/ Points

1/ Outer Reap 3/ Continuous

**SHIELD**

1/ Zombie Drill

**13+ Years**

**Muay Thai Drill (Both Sides)**

**1/ Clutching Feathers**

**2/ Shield and Hammer**

**3/ Crossing Talon**

**4/ Flight to Freedom**

**5/ Thrusting Salute**

**SHORT FORM 5 CLUTCHING FEATHERS**

**GREEN TAG TO GREEN BELT**

**SHIELD**

1/ Lead Side Kick-Spinning Back Kick

2/ Lead Roundhouse Kick-Spinning Hook Kick

3/ Lead Hook Kick-Rear Hook Kick

**DEFENCE (Thai Boxing 1-4)**

1/ Rear Hand Parry-Left Thrust Punch to Body-Low Rear Roundhouse Kick

2/ Lead Hand Parry-Right Punch to Body-Grab-Rear Front Snap Kick

3/ Outside Leg Block-Left Jab-Straight Right

4/ Inside Leg Block-Left Jab-Straight Right

**FREE SPARRING (With sparring gear)** **13+ Years**

Using Body Armour **1/ Buckling Branch**

**2/ Spiralling Twig**

**PADWORK** **3/ Scraping Hoof**

3x2 Minutes with Body Armour **4/ Snaking Talon**

**5/ Conquering Shield**

**SHORT FORM 6 BUCKLING BRANCH**

**FITNESS**

30 Press Ups

30 Sit Ups

30 Squat Thrusts

**GREEN BELT TO BROWN TAG**

**KICKING TECHNIQUES**

1/ Inward Heel Kick **13+ YEARS**

2/ Twist Kick **1/ Thundering Hammer**

3/ Pressing Kick **2/ Escape from Death**

**JUMPING KICKS (Both Legs)** **3/ Crashing Wing**

1-5 Kicks on Focus Mitts **4/ Circling Wing**

**DEFENCE** **5/ Circling the Horizon**

Muay Thai Drill (Both Sides) **SHORT FORM 7 THUNDERING HAMMER**

**PADWORK**

1/ Punches-Combination 1,2,3

2/ Punches-Elbows

3/Punches-Elbows-Knees

4/ Punches-Elbows-Knees-Kicks

5/ Punches-Elbows-Knees-Kicks-Clinch

6/ 3x2 Minutes Freestyle

**FITNESS**

30 Press Ups

30 Sit Ups

30 Squat Thrusts

3x2 Minutes Skipping

**BROWN TAG TO BROWN BELT**

**DEFENCE (Against Grabs)**

1/ Waist **13+ YEARS**

2/ Forearm **PANANTUKAN**

3/ Clinch **1/ Left Jab-Left Hook**

4/ Wrist Grab **2/ Left Jab-Straight Right**

**PRESSURE TEST** **3/ Left Jab-Right Swinging Hook**

Zombie Drill 2x2 Minutes **4/ Left Jab-Right Uppercut**

**PADWORK**

3x2 Minutes Freestyle **SHORT FORM 8 FLASHING WING**

**FREE SPARRING (With Sparring Gear)** **1/ Flashing Wing**

1/ 1x2 Minutes Leg Kicks **2/ Leaping Crane**

2/ 1x2 Minutes Body Shots **3/ Crushing Hammer**

3/ 1x2 Minutes Head Shots **4/ Charging Ram**

4/ 1x2 Minutes Clinch **5/ Parting Wings**

**FITNESS**

30 Press Ups

30 Sit Ups

30 Squat Thrusts

3x2 Minutes Skipping

**BROWN BELT TO BLACK TAG**

**SHORT FORM (Applications Only)**

1/ Turning Wing

2/ Circling Sword **13+ YEARS**

3/ Delayed Sword **PANANJAKMAN**

4/ Sword of Destruction **1/ Rear Hand Catch-Oblique Kick**

5/ Lone Kimono **2/ Lead Parry-Roundhouse Kick**

Short Form One-Turning Wing **3/ Catch-Parry-Side Kick**

**FREE SPARRING (With Sparring Gear)** **4/ Catch-Parry-Pressing Kick**

**STICK TECHNIQUES** **5/ Catch-Parry-Inward Heel Kick**

1-5 Angles **6/ Catch-Parry-Twist Kick**

**13+ Years -Attack & Defence**

**SHORT FORM 9 CROSS OF DESTRUCTION**

**FITNESS** **1/ Cross of Destruction**

30 Press Ups **2/ Twin Kimono**

30 Sit Ups **3/ Hooking Wings**

30 Squat Thrusts **4/ Sleeper**

3x2 Minutes Skipping **5/ Securing the Storm**

**BLACK TAG TO BLACK BELT**

**SHORT FORM (Applications & Form)**

1/ Turning Wing **13+ YEARS**

2/ Circling Sword **SHORT FORM 10 BEGGING HANDS**

3/ Delayed Sword **1/ Begging Hands**

4/ Sword of Destruction **2/ Encounter with Danger**

5/ Lone Kimono **3/ Obscure Wing**

Short Form One-Turning wing **4/ Thrusting Prongs**

**5/ Gift of Destiny**

**ELBOW COVERS (Gunting)**

1-6 Hands **Cob-Cob (Double Stick)**

**STICK TECHNIQUES**

1-12 Angles

**13+ Years -Attack & Defence**

**FREE SPARRING (With Sparring Gear)**

**FITNESS**

30 Press Ups

30 Sit Ups

30 Squat Thrusts

3x2 Minutes Skipping

**MINIMMUM 150 WORD ESSAY ON YOUR JOURNEY IN MARTIAL ARTS & WHAT A BLACK BELT MEANS TO YOU**