

OUKBC Grading Syllabus

Belt systems are part of virtually every martial art. They serve the primary function of allowing instructors to, at a glance, note what they can expect from a given student. This includes not only what techniques they know but also their approximate level of fitness, the level of refinement of their techniques and their level of control when working with partners. They also serve as motivational benchmarks for students who might otherwise not be able to clearly see just how they are progressing. It is not meant to be a rigid training program - students will usually try every technique listed below before they are graded for them. However, dividing the techniques into discrete blocks helps to give specific areas of focus for a given period of time so that overall proficiency will be gradually and observably improved.

There is a great deal of mystique surrounding belt systems. It is important to recognize that every belt system is different, not only between styles but even within styles. A black belt in kickboxing is different than a black belt in Karate or Tae Kwon Do, and two black belts in Karate can have very different skill sets depending on who they trained with, when and where they were tested etc. Ultimately, one can only know a practitioner's skill through their practice - by what they know and what they do.

Many martial arts were born of fiercely hierarchical societies and so belts came to be seen as ranks, with increasing respect owed to "higher" ranks. The philosophy of OUKbC includes the principle that all practitioners are worthy of equal respect regardless their belt. We are a club, not an army. We train *together* so that we may all improve and enjoy ourselves. That said, belts are earned with commitment and hard work so feel free to take pride in them. Like most things in life, they are worth precisely what you put into them.

Each belt has certain basic objectives. You will be tested on these specifically, but you may be asked to perform other techniques during the course of a grading. What you see below is the *minimum* you can expect to be asked to perform at a grading, but you will not be *evaluated* on what is not listed.

White belt

Learning objectives: forward stance, bob and weave, jab, cross, hook, front kick, round kick, stopping kicks

Requirements: 10 stamps

Grading moves: (left and right stances)

1. Forward stance: 2 jabs forward, 2 jabs back
2. Forward stance: jab, cross, bob and weave, jab cross
3. Forward stance: front leg front kick, back leg front kick

4. Jab, Cross, Back Leg Front Kick

Pad work:

1. 1, 2 and 3 hook combinations.
2. Stopping Front Kicks

Fitness: 1 round

Red Belt

Learning objectives: side stance, side kick, spin side kick, axe kick, upper cut

Requirements: 15 stamps, 3 months since last grade

Grading moves (left and right stances):

1. Side stance: step up side kick
2. Forward stance: jab, cross, hook
3. Round kick, spin side kick
4. Axe Kick, Jab Cross

Pad work:

1. Side kicks and spin side kicks
2. Double jab in, cross, hook, uppercut and away

Fitness: 2 rounds

Yellow belt

Learning objectives: crescent kick, spin crescent kick, hook kick, stopping side kick; Sparring: front hand - front leg combos, hands - back leg combos

Requirements: 20 stamps, 3 months since last grade

Grading moves (best stance):

1. Forward stance: jab, side kick
2. Forward stance: front kick, jab, cross, round kick

3. Forward stance: jab, cross, jab, front leg round kick

Padwork:

1. 2 rounds free style on slapping pad utilising hook kicks and crescent kicks.

Sparring:

1. jab, x, rnd kick 1 for 1

2. jab, side kick 1 for 1

3. jab, cross, hook 1 for 1

4. in and out 1 for 1

Fitness: 2 rounds

Green belt

Learning objectives: Sparring: 3 and 4 technique hand and leg combinations

Requirements: 25 stamps, 3 months since last grade

Sparring:

1. Working in close any 3 punch combo 1 for 1

2. Jab, round kick, jab 1 for 1

3. Jab, hook kick or round kick to head 1 for 1

4. Jab, cross, any back leg kick one for one

5. Free sparring

Fitness: 3 rounds

Blue belt

Learning objectives: sparring

Requirements: 40 stamps, 6 months since last grade

Sparring:

1. Any 3 punch combo and a front leg kick 1 for 1
2. Any 3 punch combo and a back leg kick 1 for 1
3. Front leg kick, jab, cross, back leg 1 for 1
4. Off the line and counter.
5. Defend from jab and counter.
6. Defend from round kick and counter.
7. Work in, sweep, uppercut
8. Free sparring against same and opposite stance.

Fitness: 3 rounds

Brown belt

Learning objectives: Sparring, Coaching

Requirements: 50 stamps, 6 months since last grade

Grading moves: All previous grading moves to a high level of proficiency.

Sparring:

1. 4 rounds of any previous combination.
2. 2 rounds free sparring.
3. 2 rounds with an instructor.

Fitness: 4 rounds

Coaching: Take or assist in 15 classes.

Black Belt

Learning objectives: Sparring, Competition, Coaching.

Requirements: Instructor's Discretion, must have trained for and competed in at least one Varsity match and competed in one other tournament or show.

You will be expected to be able perform all techniques and combinations to a high degree of proficiency, to spar effectively and with control, and to effectively explain

and demonstrate how any technique or combination can be applied in a sparring situation. Needless to say, fitness and sparring will play a significant role. The grading is closed to spectators and will test your technique and fitness as well as your determination.