

Red Belt

Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit
Week 1	Lead Front kick And Snap Kick	Running Forward roll backward roll	First three moves of kata 1 Worksheets Following three moves
Week 2	Jab Punch Reverse Punch	Hold on side Breakfall	Circuits recap on kata1
Week 3	Wedging Block	Kneeling forward break fall	Stretching form 1 Kata1 last three moves of kata 1
Week 4	Horse Stances Refresh over course	Grappling ball game plus rolls	full kata Circuits
Week 5	Roundhouse Kick Plus crescents	Inside leg reap Outside leag reap	Kata 1 Sparring
Week 6	Sparring	Scarf hold Broken scarf hold Standing Randori Pull downs	circuits/ stretching Kata 1 Randori
Week 7	Sparring	Recap on body skills Shadow sparring Body drop to throw and take down	Worksheet update cover basics Cover throws worksheets in Kata 1
Week 8	Power Roundhouse Kick	Inside leg trips and body drop throws Randori	Basics kata1/ stretching revision of course/ sparring
Week 9	Back fists	Rolls from push Hip throw	
Week 10	High Block Reverse Punch		
Week 11	Revision of Basics Sparring		
Week 12	Class Assessment Certification	Class Assessment Certification	Assessment Certification/Grading



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Grading Syllabus for Beginners to Red Belt



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Yellow Belt

Orange Belt

Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit
Week 1	Fighting stances Snap Kick	Forward Roll Backward roll	First three moves of kata 1 Worksheets
Week 2	Straight Punch Over week 1	Side breakfall plus forward and backward roll	Following three moves Circuits recap on kata1 Stretching form 1 Kata1
Week 3	Roofing Block	Grappling ball game plus rolls	last three moves of kata 1
Week 4	Horse Stances Refresh over course	Outside leg Reap	full kata Circuits
Week 5	Outside Crescent Kick	Scarf hold Standing Randori Pull downs	Kata 1 Sparring
Week 6	Intro to Sparring Sparring Drill	Recap on body skills Shadow sparring	circuits/ stretching Kata 1 Randori
Week 7	Intro to Sparring Sparring Drill	Outside leg to scarf hold (body drop) Standing randori With outside leg reap	Worksheet update cover basics
Week 8	Roundhouse Kick Kiai	Move onto standing rolls Class	Cover throws worksheets in Kata 1
Week 9	Jab Punch Reverse Punch	Recap on areas covered Assessment Certification	Basics kata1/ stretching revision of course/ sparring
Week 10	Revision of Basics		Assessment Certification/Grading
Week 11	Sparring Class Revision of Basics		
Week 12	Assessment Certification		

Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit
Week 1	Front Kick Snap Kick	Standing Forward Backward roll	First three moves kata 1 Worksheets
Week 2	Reverse Punch Over Week 1	Standing side breakfall backward breakfall Grappling ball game plus rolls	Following three moves Circuits recap on kata1 Stretching form 1 Kata1
Week 3	Outside/ Inside Block	Outside leg Reap	last three moves of kata 1
Week 4	Horse Stances Refresh over course	Outside leg Reap	full kata Circuits
Week 5	Inside Crescent kick	Scarf hold Standing Randori Pull downs	Kata 1 Sparring
Week 6	Sparring	Recap on body skills Shadow sparring Body drop throw	circuits/ stretching Kata 1 Randori
Week 7	Sparring Roundhouse Kick	Body drop throw from outside leg standing randori Standin Randori Knelling grappling Running roll Hip throw Class	Worksheet update cover basics
Week 8	3 level Punch		Cover throws worksheets in Kata 1
Week 9	Uppercuts Hook punch	Revision of lessons	Basics kata1/ stretching revision of course/ sparring
Week 10	Revision of Basics		Assessment Certification/Grading
Week 11	Sparring Class Revision of Basics		
Week 12	Assessment Certification		