



## PKA GRADING SYLLABUS

- All techniques should be executed with the appropriate foot pivots
- After executing punches, gloves should return to the chin in guard position

### RED BELT

#### GradingSet 1

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Left jab to the head	➡	Parry with right hand
Right cross to the head	➡	Parry with left hand
Rear round kick targeted to the mid-thigh	➡	Raise left leg and turn out to the left slightly block with the shin
Parry with right hand	⬅	Left jab to the head
Parry with left hand	⬅	Right cross to the head

#### GradingSet 2

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Left jab to the head	➡	Parry with right hand
Shuffle in (still in left stance) right upper cut to the body (do not draw glove back past the line of the body)	➡	Bring forearms together in front of the body to block, gloves facing in, elbows pointing down
Shuffle Back (still in left stance to avoid the kick)	⬅	Lead push kick targeted to the mid-section – aiming to strike with the bottom of the foot
Parry with right hand	⬅	Left jab to the head
Parry with left hand	⬅	Right cross to the head

### YELLOW BELT

#### Grading Set 3

<b>Attacker:</b> <i>(right stance)</i>	Direction of attack	<b>Defender:</b> <i>(right stance)</i>
Right jab to the mid-section executed from a standing position	➡	Lead forearm block pivoted across the body with the elbow pointing down
Shuffle in (still in right stance) right hook to the head	➡	Block right hook with left pocket block (glove next to the head and elbow pointing down)
Parry with left hand	⬅	Right jab to the head
Lead side kick targeted to the mid-section, held for half a second	➡	Keep right foot in place and move left foot back to extend stance and avoid the kick

### Grading Set 4

<b>Attacker: (right stance)</b>	Direction of attack	<b>Defender: (right stance)</b>
Right jab to the head	➡	Parry with left hand
Shuffle in (still in right stance) right hook to the head	➡	Roll to the right under the right hook (keeping eyes on the opponent)
Block hook with the right forearm held to the body, elbow pointing down	←	Stay low from the roll, left hook to the body
Block the kick with a double forearm block, gloves facing out and elbows pointing down	←	Lead round kick targeted to the chest / head
Rear push kick targeted to the mid-section – aim to strike with the bottom of the foot and land forwards in a left stance	➡	Shuffle back still in right stance to avoid the kick

### ORANGE BELT

#### GradingSet 5

<b>Attacker: (left stance)</b>	Direction of attack	<b>Defender: (left stance)</b>
Rear round kick targeted to mid-thigh	➡	Receive thigh kick (no block)
From executing the kick, drop foot down on to the inside so it is aligned centrally between opponents feet and bring left leg behind you to make a good right stance	➡	Turn to face opponent who is now 45 degrees to your right
Lean back with guard high to avoid the right hook	←	Right hook targeted to the head
Rear round kick targeted to the head and dropping the foot forwards to land in a left stance	➡	Shuffle a half yard forwards to avoid the rear round kick, staying in left stance Protect against the kick with a right hand pocket block (glove next to the head and elbow pointing down)
Roll to the left under the left hook (keeping eyes on the opponent)	←	Left hook targeted to the head
Stay low from the roll under the left hook and right hook to the body	➡	Block hook with the left forearm held to the body, elbow pointing down

### Grading Set 6

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Rear round kick targeted to the mid-thigh	➡	Shuffle back still in left stance to avoid the kick
Kick misses opponent and continue the kick trajectory to land forwards on right foot	➡	Ensure movement back keeps opponent in range for the following moves
Duck and roll under the right hook moving left leg behind you and come up in a left stance	⬅	Right hook targeted to the head
Left hook targeted to the head	➡	Lean back to avoid the hook with guard high
Lean back to avoid the hook with guard high	⬅	Left hook targeted to the head

### GREEN BELT

#### Grading Set 7

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(right stance)</i>
Rear axe kick (out to in motion) targeted to the centre of opponents guard, landing forwards in right stance	➡	Shuffle back in right stance, staying in range for the following moves
Right hook targeted to the head	➡	Shuffle right 45 degrees to avoid the hook staying in right stance, staying in range for the following moves
Parry with left hand	⬅	Right jab targeted to the head
Parry with right hand	⬅	Left cross targeted to the head

#### Grading Set 8

<b>Attacker:</b> <i>(right stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Right jab targeted to the head, bringing the punch back to guard	➡	Dip left shoulder to avoid the jab
Block kick with left pocket block (glove next to the head and elbow pointing down)	⬅	Jump rear round kick targeted to the head, landing in right stance (ensure non-kicking leg is tucked up)
Right hook targeted to the head	➡	Lean right with a high guard to avoid the hook
Left hook targeted to the head	➡	Lean left with a high guard to avoid the hook
Right uppercut targeted to the head	➡	Lean back with a high guard to avoid the uppercut

## BLUE BELT

### Grading Set 9

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Rear round kick targeted to the mid-thigh and bring foot back to left stance	➡	Receive thigh kick (no block)
Shuffle forwards in left stance with a slight dip of head to chest height to the inside of opponents guard avoiding the kick As shuffling in, pocket block with the right hand to protect against the kick (glove next to the head and elbow pointing down)	⬅	Lead round kick targeted to the head immediately once opponent is back in a left stance
Stay in low position and execute left hook targeted to the body	➡	Block hook with the right forearm held to the body and elbow pointing down
Stand up straight to execute left hook targeted to the head	➡	Right hand pocket block to protect against the hook (glove next to the head and elbow pointing down)

### Grading Set 10

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(shallow left stance, back facing a wall, but not leaning against it)</i>
Shuffle in still in left stance and rear uppercut targeted to the body	➡	Double forearm block, gloves facing in and elbows pointing down
Left hook targeted to the head	➡	Roll to the left under the hook
Block hook with the left forearm held to the body, elbow pointing down	⬅	Right hook targeted to the body
Receive thigh kick (no block)	⬅	Rear round kick targeted to the mid-thigh and returning foot to shallow left stance
Right hook targeted to the head	➡	Roll to the right under the hook
Block hook with the right forearm held to the body, elbow pointing down	⬅	Left hook targeted to the body
Move with the shoulder pull and turn to end with your back facing the wall	⬅	Reach across your body with the right hand, across the back of the opponent to grab the opponents right shoulder and pull back to turn them in to the wall
Move in to a shallow left stance with guard high ready to recommence	⬅	As opponent is being turned in to the wall from the shoulder grab, step forwards slightly with the left foot and then in one movement, turn the body to the right 180 degrees while moving the right foot behind you to end facing the wall in a left stance

PURPLE BELT

Grading Set 11

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(shallow left stance, back facing a wall, but not leaning against it)</i>
Rear round kick targeted to the body landing in to a right stance	➡	Keep left foot in place and step to the right with right foot to avoid the kick
Roll to the right under the hook	➡	Slide right foot back to shallow left stance and throw right hook targeted to the head
Left hook targeted to the body	➡	Block hook with the right forearm held to the body, elbow pointing down
Shuffle back in right stance to avoid the kick	➡	Rear axe kick (using right leg) bringing the leg across the body (i.e. in to out motion) targeted to the centre of opponents guard, landing in right stance
Right jab targeted to the head	➡	Parry with left hand
Left cross targeted to the head	➡	Parry with right hand
Over extend the cross and turn body to the right as punch is being executed  Step forwards with left foot as you continue to turn and finish with your back against the wall  Move in to the shallow left stance with guard high ready	➡	As opponent over extends the cross and you parry with the right hand, step diagonally to the right with the right foot,  Turn the body to the left 90 degrees  Move the left foot 180 degrees to turn you to face the wall in a right stance  Step back with the right foot to face your opponent in a left stance

### Grading Set 12

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Rear round kick targeted to the mid-thigh	➡	Receive thigh kick (no block)
As rear round kick makes contact with opponent, turn hips over to execute a rear round kick targeted to the head (together these moves form a scissor round kick) landing in left stance	↔	Left leg foot sweep across the body (foot maintaining contact with the floor targeting opponents supporting foot that is now kicking to the head) and return to left stance  While executing the foot sweep, right hand pocket block to protect against the kick (glove next to the head and elbow pointing down)
Lean back with high guard to avoid the hook	←	Right hook targeted to the head
Left leg foot sweep	➡	Receive foot sweep allowing foot to be moved and taking you in to a central stance
<ul style="list-style-type: none"> <li>• Step to the side with right foot widening stance, keeping left foot in place</li> <li>• Bring left foot across the floor to execute the sweep against the foot</li> <li>• Bring left foot back to starting position and return right foot to normal left stance at the same time – completed in one motion</li> </ul>		
Left jab targeted to the head	➡	Parry with right hand
Right cross targeted to the head	➡	Parry with left hand

### BROWN BELT

#### GradingSet 13

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
This grading set is to be executed with appropriate communication to signal when the jumping kick is taking place to ensure the contact from the first kick is achieved whilst in mid-air		
Jump rear round kick targeted to the mid-thigh with leg straight at the point of contact  Land in right stance	➡	Jump rear shin block with leg bent at the point of contact – bring the right knee forwards first to ensure the shin blocks the kick and not the calf muscle  Land in right stance
Parry with left hand	←	Right jab targeted to the head
Parry with right hand	←	Left cross targeted to the head

### GradingSet 14

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Rear leg foot sweep targeting the outside of opponents front foot: <ul style="list-style-type: none"> <li>• Moving the right foot all the way across your body</li> <li>• After missing the sweep of your opponent, move the foot forwards diagonally to land forwards in a right stance</li> </ul>	➡	Lift left foot to avoid the sweep and return to left stance
Right hook targeted to the head	➡	Roll to the right under the right hook (keeping eyes on the opponent)
Block hook with the right forearm held to the body, elbow pointing down	➡	Stay low from the roll under the hook and execute left hook targeted to the body, once landed, return to normal stance
Left hook targeted to the head	➡	Roll to the left under the left hook (keeping eyes on the opponent)
Block hook with the left forearm held to the body, elbow pointing down	➡	Stay low from the roll under the hook and execute right hook targeted to the body, once landed, return to normal stance
Step forwards with right foot to avoid rear round kick and follow with left foot executing a left foot sweep to opponents supporting leg  Protect against the kick with a left hand pocket block (glove next to the head and elbow pointing down)	↔	Rear round kick targeted to the head
Return to left stance	N/A	Return to left stance

## BLACK BELT

### GradingSet 15

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Rear round kick targeted to the mid-thigh and taking the leg back to left stance once executed	➡	Receive thigh kick (no block)
Receive thigh kick (no block)	➡	Rear round kick targeted to the mid-thigh and taking the leg back to left stance once executed
Roll to the left under the left hook (keeping eyes on the opponent)	➡	Left hook targeted to the head
Stay low from the roll under the hook and execute right hook targeted to the body, once landed, return to normal stance	➡	Block hook with the left forearm held to the body, elbow pointing down
Left hand grab to the back of opponents neck and pull down to mid-section height, keeping left hand in place	➡	Receive neck grab and lower head to mid-section height
Double right bowler punch targeted to the left hand thumb, elbow pointing up and returning the right hand high after the first punch	➡	Receive Punches
Remove left hand from opponent and shuffle back in a left stance to avoid uppercut	➡	Return to normal stance as executing right uppercut targeted to the head
Rear axe kick (using right leg) bringing the leg across the body (i.e. in to out motion) targeted to the centre of opponents guard, landing in right stance	➡	Shuffle back in a left stance to avoid axe kick



### GradingSet 16

<b>Attacker:</b> <i>(left stance)</i>	Direction of attack	<b>Defender:</b> <i>(left stance)</i>
Double advancing left jab targeted to the head staying in left stance	➡	Double parry with left hand, retreating staying in left stance
Lean back with high guard to avoid hook	←	Right hook targeted to the head
Jump spinning rear side kick targeted to the mid-section landing in right stance	➡	Widen guard to present mid-section target area and receive kick (no block)
Controlled fall backwards to the ground	←	Left foot sweep to opponents lead foot (right foot)
Double forearm block with gloves pointing in and held against the face, elbows pointing towards feet	←	Rear (right) leg axe kick targeted to the head, controlled at the point of contact
Raise left knee and roll over to the left and rise in to a standing position in a left stance	N/A	Pull right leg back to left stance, standing ready