



GRADING LOGBOOK

Name of student _____

Students Mobile number _____

Name of Club / Instructor _____ / _____

Table of Contents

Patch Progression	2
Grading / Assessment – how it works	3
Gladiator HIIT Exercise routine and times	4
Grading Requirements & Assessment	
1 st Test - Yellow Patch	5
2 nd Test - Orange Patch	7
3 rd Test – Blue Patch	9
4 th Test – Green Patch	11
5 th Test – Brown Patch	14
6 th Test – Black Patch	17
Information –	
General Terms	20

Patch progression

In Kidz Kickboxing we have a patch progression system starting with white and eventually leading to black patch! At each stage new skills and abilities will be shown to you. Keep track of your progression here.

Date you achieved your grade patch

Foundation Training ____/____/____

Yellow Patch ____/____/____

Orange Patch ____/____/____

Blue Patch ____/____/____

Green Patch ____/____/____

Brown Patch ____/____/____

Black Patch ____/____/____

Date you achieved your skill patch

Pad Hitting - Level 1 ____/____/____

Level 2 ____/____/____

Pad Holding- Level 1 ____/____/____

Level 2 ____/____/____

Clinching – Level 1 ____/____/____

Level 2 ____/____/____

Gradings

Gradings are a special day where you present your skills in front of your peers and instructors. You will have to demonstrate exercises such as skipping, push ups and sit ups and your kickboxing skills including strikes into the air and lots of hard work on pads. When the instructors believe that your skills are at the correct level you will receive an invitation to grade.

As you continue to train, times between gradings naturally get longer as we expect to see more skills performed at a higher standard. We also look for strong commitment and dedication to the club and the sport. This time can vary from person to person depending on skill level, age and maturity.

At the completion of the grading, you will be awarded a patch to attach to your singlet denoting the level you have achieved. This singlet is to be worn in every class.

On the following pages you will see a guide on time between gradings and ages for gradings. This is followed by a list of all the required skills you need to be proficient at.

As you work through this booklet you will find a list of all the requirements expected of you on grading day at each rank. Your instructor may choose not to test you on each individual item on the day but be prepared to perform ALL the requirements.

Each skill or Skill set will be given a GRADE of E, P or R.

E= Exceeds Expectations (1 to 2 levels higher in skill)

P = Passing standard to very good standard

R= Revision required to reach a passing standard.

Gladiator HIIT Exercises – Kidz Kickboxing program

All gradee’s are required to complete a physical test of endurance and strength at each level of grading which will increase with each rank.

Phase 1 Upper Body	Yellow & Orange	Blue, Green, Brown	Black
Rapid Straight Punches with leg replacement or switch	20 sec	30 sec	45 sec
Crab Walk (sit on floor, lift hips, walk in backward motion)	20 sec	30 sec	45 sec
Full slow push - 3 seconds each (fingers facing forward)	20 sec	30 sec	45 sec

Phase 2 Mid-Section	Yellow & Orange	Blue, Green, Brown	Black
Plank- Elbows and feet on floor, straight back.	20 sec	30 sec	45 sec
Bicycle Crunches – lie on back, lift legs and move them in cycle motion while reaching opposite elbow to knee	20 sec	30 sec	45 sec
Reverse Curls	20 sec	30 sec	45 sec

Phase 3 Lower Body	Yellow & Orange	Blue, Green, Brown	Black
Sprint on the spot (pump the arms high & knees inline with hips)	20 sec	30 sec	45 sec
Jump Squats- bottom to heel then explode up	20 sec	30 sec	45 sec
Lunges - Step forward with one foot, lowering the hips until both knees are bent at a 90-degree angle.	20 sec	30 sec	45 sec

NB: 15 seconds rest between each exercise and 60 seconds rest between each phase to create the HIIT theme

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

<i>1st Test – Yellow Patch, Physical Requirements</i>				
Skipping 2 x 1 min	Skipping 2 x 1 min GRADE	Gladiator 20 sec	Gladiator 20 sec GRADE	

Footwork GRADE	Stamp (Forwards and backwards)
--------------------------	--------------------------------

Boxing GRADE	Jab	Cross
	Hook	Uppercut

Defences GRADE	Head cover	Stomach cover
	Rib cover	Side head cover

Pad sets GRADE	Jab, Cross, Jab, Cross
	Jab, Cross, Head cover, Cross
	Jab, Uppercut, Hook, Cross

Shadow sparring GRADE	Round 1 (1min)	Round 2 (1min)
---------------------------------	----------------	----------------

Non-skill-based attributes

Effort GRADE	Determination GRADE	Focus GRADE
------------------------	-------------------------------	-----------------------

Cont'd next page

Yellow Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

2nd Test – Orange Patch, Physical Requirements

**= new requirement for this level*

Skipping 2 x 1 min	GRADE	Gladiator 20 sec	GRADE
------------------------------	-------	----------------------------	-------

Footwork GRADE	Stamp	*Side step
--------------------------	-------	------------

Hand Strikes GRADE	Jab	Cross
	Hook	Uppercut

Kicks *Strikes (Legs- shown using both legs and aimed at different target heights) GRADE	*Push kick	* Round kick
---	------------	--------------

Defences GRADE	Covers	Slip
	*Duck	*Parry (Straight punch defence)
	*Check (round kick defence)	*Back slide parry (push kick defence)

Cont'd next page

Pad sets GRADE	Jab, Cross, Round kick
	Lead push kick, Rear round kick
	Lead check, Rear round kick
	Jab, Cross, Backslide parry, Rear round kick

Shadow Sparring 1min rounds GRADE	Round 1
--	---------

Partner Sparring 1min 30 sec Rounds GRADE	Round 1	Round 2
--	---------	---------

Non-skill-based attributes

Effort GRADE	Determination GRADE	Focus GRADE
------------------------	-------------------------------	-----------------------

Orange Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

3rd Test – Blue Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 1 min	GRADE	Gladiator 30 sec	GRADE
-------------------------------------	--------------	-----------------------------------	--------------

Footwork GRADE	Stamp	Side step
	*Step off	

Boxing GRADE	Jab	Cross
	Hook	Uppercut

Kicks *Strikes (Legs- shown using both legs and aimed at different target heights) GRADE	Push kick	Round kick
---	-----------	------------

Knees GRADE	*Straight knees	* Clinch knees
-----------------------	-----------------	----------------

Elbows GRADE	*Round elbow	*Over elbow
	*Thrust elbow	*Uppercut elbow

Cont'd next page

Defences GRADE	Covers	Duck
	Slip	Parry (Straight punch defence)
	Check (round kick defence)	Back slide parry (push kick defence)

Pad sets GRADE	Replacement Knees x 10
	Jab, Cross, Rear round kick, Land forward, Rear elbow
	Round kick, Knee, Elbow (all same side)
	Lead round elbow, Rear thrust elbow, Grapple knee, Push off, Round kick

Shadow Sparring 1min rounds GRADE	Round1	Round 2
--	--------	---------

Partner Sparring 1min Rounds GRADE	Round 1	Round 2	Round 3
---	---------	---------	---------

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
-----------------	----------------	--------------------	----------------

Blue Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

4th Test – Green Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 1.5 min	<i>GRADE</i>	Gladiator 30 sec	<i>GRADE</i>
---------------------------------------	--------------	-----------------------------------	--------------

Footwork GRADE	Stamp	Side step
	Step off	*Blitz
	*Switch	

Boxing GRADE	Jab	Cross
	Hook	Uppercut

Kicks *Strikes (Legs- shown using both legs and aimed at different target heights) GRADE	Push kick	Round kick
---	-----------	------------

Knees GRADE	Straight knees	Clinch knees
-----------------------	----------------	--------------

Elbows GRADE	Round elbow	Over elbow
	Thrust elbow	Uppercut elbow
	*Drop elbow	*Spinning elbow

Cont'd next page

Defences GRADE	Covers	Duck
	Slip	Parry (Straight punch defence)
	Check (round kick defence)	Back slide parry (push kick defence)
	*Lean back	*Straight arm jam (Knee defence)

Clinching GRADE	*Inside clinch (Tricep grip)
	*Open collar clinch (one hand on crown of the head, one hand on forearm)
	*Cross arm drive (Clinch defence)

Pad Sets GRADE	Lead Thrust elbow, Lead round elbow, Spinning elbow
	Jab, Jab, Thigh kick
	Jab, Cross, Rear Check, Rear head high round kick
	Switch knee, Step off, double round kick

Shadow Sparring 1min rounds GRADE	Round1	Round 2

Partner Sparring 1min 30 sec Rounds GRADE	Round 1	Round 2	Round 3

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
-----------------	----------------	--------------------	----------------

Cont'd next page

Green Grading assessment information:

Date of assessment _____

Club Coach name _____

Club Coach signature _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

5th Test – Brown Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 2 min	GRADE	Gladiator 30 sec	GRADE
-------------------------------------	-------	-----------------------------------	-------

Footwork GRADE	Stamp	Side step
	Switch	Blitz

Boxing GRADE	Jab	Cross
	Hook	Uppercut
	*Overhand	*Body rip

Kicks *Strikes (Legs- shown using both legs and aimed at different target heights) GRADE	Push kick	Round kick

Knees GRADE	Straight knees	Clinch knees
	*Turning knee	

Elbows GRADE	Round elbow	Over elbow
	Thrust elbow	Uppercut elbow
	*Drop elbow	*Spinning elbow

Cont'd next page

Defences GRADE	Covers	Duck
	Slip	Parry (Straight punch defence)
	Back slide parry (push kick defence)	Check - (round kick defence)
	*Lean Back	*Straight arm jam (Knee defence)

Clinching GRADE	Inside Clinch	Open collar clinch (One hand on the crown of the head, one hand on forearm)
	Cross arm drive (Clinch defence)	*Closed collar clinch
	*Replacement knees	

Catches GRADE	*Scissor catch and throw (defence against push kick)
	Lat Catch - step, catch kick under your arm and throw (Defence against round kick)

Pad Sets - Freestyle 90 seconds each GRADE	Focus Pad, Rnd 1	Focus & Kick shield, Rnd 2
	Thai Pad, Rnd 3	Thai Pad, Rnd 4

Cont'd next page

Shadow Sparring 1min rounds GRADE	Shadow Rnd1	Shadow Rnd2	Shadow Rnd3
--	----------------	----------------	----------------

Partner Sparring 1min 30sec rounds GRADE	1	2	3	4	5
---	---	---	---	---	---

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
-----------------	----------------	--------------------	----------------

Brown Grading assessment information:

Date of assessment _____

Club Coach name _____

Club Coach signature _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Each skill or Skill set will be given a GRADE of E, P or R.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

6th Test – Black Patch, Physical Requirements

**= new requirement for this level*

Fitness

Skipping 3 x 2 min	GRADE	Gladiator 45 sec	GRADE
-------------------------------------	--------------	-----------------------------------	--------------

Footwork GRADE	Stamp	Side step
	Switch	Blitz

Boxing GRADE	Jab	Cross
	Hook	Uppercut
	Overhand	Body rip

Kicks *Strikes (Legs- shown using both legs and aimed at different target heights) GRADE	Push kick	Round kick

Knees GRADE	Straight knees	Clinch knees
	Turning knee	

Elbows GRADE	Round elbow	Over elbow
	Thrust elbow	Uppercut elbow
	Drop elbow	Spinning elbow
	*Jumping drop elbow	

Defences GRADE	Covers	Duck
	Slip	Parry
	Back slide parry	Check
	Lean Back	Straight arm jam (Knee defence)

Clinching GRADE	Inside clinch (Tricep grip)	Open collar clinch
	Cross arm drive (Clinch defence)	Closed collar clinch
	Replacement knees	*Face push off
	*High Back lock	*Arm pinch (defence against high back lock)

Catches GRADE	Scissor catch and throw	Lat Catch
	*Catch and sweep	

Pad Sets - Freestyle 90 seconds each GRADE	Focus Pad, Rnd 1	Focus & Kick shield, Rnd 2
	Thai Pad, Rnd 3	Thai Pad, Rnd 4

Cont'd next page

Shadow Sparring 1min rounds GRADE	Shadow Rnd1	Shadow Rnd2	Shadow Rnd3
--	----------------	----------------	----------------

Partner Sparring 2min Rounds GRADE	1	2	3	4	5
---	---	---	---	---	---

Non-skill-based attributes

EFFORT GRADE	POWER GRADE	COMPOSURE GRADE	SPEED GRADE
-----------------	----------------	--------------------	----------------

Black Grading assessment information:

Date of assessment _____

Club Coach name _____

Club Coach signature _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Kickboxing Terms and Phrases – *all ages*

Throughout your martial arts training you may hear words or phrases that you haven't heard before or don't understand. Below is a list of some common one's for you to know and their meanings.

Muay Thai – the art of 8 limbs: Muay Thai is an ancient martial art, born and developed in Thailand. It employs several parts of the human body as natural weapons including fists, feet, knees and elbows. Muay Thai can be used in both close and long range. Muay Thai is accepted as both an art and science in fighting. It presents beauty, power, excellence and is one of the most exciting ring sports. Muay Thai balances between a martial art and a sport.

Kru: The Thai people refer to their teachers and instructors as “Kru”. They are respected as helpful and loyal people.

Sparring: Sparring is the practical application of combat skills learned throughout training. Two students will exchange spontaneous strikes. Contact levels are closely monitored and controlled. Sparring gear is required to make any sort of contact in sparring. These can be purchased at SMAC. Sparring gear includes; shin guards, gloves, mouth guard and groin guard. Female groin and chest guards are available.

OO-AY: You will often here people in a class making a sound like “Oo-ay”. This has no actual translation but we use it for emphasis or to say something is good or even to make ourselves feel good about a technique. During competition, the crowd will call out with this sound to encourage a fighter.