

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle



SYLLABUS

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle

White (with Yellow Stripe)

Freestyle Bow In

Fighting Stance (Short L Stance)

Guard Position

Jab Punch

Cross Punch

Front Kick (Thrust)

Strike Stance (Short Square Stance)

Outer Forearm Block

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MARTIAL ARTS ACADEMY

Freestyle

Yellow

Any basic move requested from the previous syllabus , plus:

Slip & Parry

Duck Roll

Head Hook Punch

Body Hook Punch

Uppercut Punch

Rising Elbow Strike

Round Elbow Strike

Front Kick (Snap)

Round Kick

Self Defence Drills

Swinging Arm to the Head

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MARTIAL ARTS ACADEMY

Freestyle

Orange

Any basic move requested from the previous syllabus , plus:

Cat Stance

Jump Change Stance

Upper Block

Low Block

Shovel Punch

Down Elbow Strike

Hooking Kick

Side Kick (Thrust)

Side Kick (Snap)

Leg Checking

Self Defence Drills

Wrist Grabs (Single and Double)

Board Breaking

Yellow

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MARTIAL ARTS ACADEMY

Freestyle

Green

Any basic move requested from the previous syllabus , plus:

Cover (Body and Head)

Side Backfist Strike

Hammerfist

Overhand Hook

Lunge Punch

Overhand Elbow

Side Elbow

Back Kick

Slide Front Kick

Slide Round Kick

Slide Hook Kick

Slide Side Kick

K Block

Self Defence Drills

Lapel Grabs (Single and Double)

Board Breaking

Yellow

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Blue

Any basic move requested from the previous syllabus , plus:

Palm Strike

Spinning Backfist

Spinning Elbow

Back Elbow

X Block

Inside Crescent Kick

Outside Crescent Kick

Jumping Front Kick

Axe Kick

Spinning Round Kick

Spinning Hook Kick

Pop Round Kick

Question Mark Kick

Self Defence Drills

Bear Hugs (Front and Rear)

Board Breaking

Yellow

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Purple

Any basic move requested from the previous syllabus , plus:

Ridge Hand Strike

Knife Hand Strike

Front Knee Strike

Round Knee Strike

Spinning Side Kick

Jumping Side Kick

Pop Front Kick

Pop Side Kick

Inverted Round Kick

Inverted Side Kick

Self Defence Drills

Hair and Ear Grabs

Board Breaking

Orange

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Grey

Any basic move requested from the previous syllabus , plus:

Foot Sweep

Pop Axe Kick

Stomping Kick

Inside Leg Kick

Outside Leg Kick

Jumping Knee Strike

Jumping Crescent Kick

Self Defence Drills

Headlock

Rear Naked Choke

Joint Locks

Board Breaking

Orange

Sparring

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MARTIAL ARTS ACADEMY

Freestyle

Brown

Any basic move requested from the previous syllabus , plus:

Jumping Spinning Hook Kick
Jumping Spinning Crescent Kick
Jumping Spinning Back Kick
Split Kick
Scissor Kick
Flying Side Kick
Tornado Kick

Takedowns

Self Defence Drills

Pressure Points

Board Breaking

Orange

Sparring

Sparring will be assessed

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BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle

Brown (with Black Stripe)

Any basic move requested from the previous syllabus

Groundwork

Board Breaking

Green

Sparring

Sparring will be assessed

2 v 1 Sparring

黒足武道



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Freestyle