



FREESTYLE KARATE PREFACE

This Karate syllabus was written by:
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It is for the use of the students and Instructors of the CMAA It is a guide to each grading from beginner (8th KYU Yellow belt) up to 3rd Dan Black Belt. Grading scores can be recorded as you progress.

It is important that the student clarify with their Instructor exactly the correct interpretation for each technique, as incorrect techniques performed at the grading will result in a zero score for that technique.

Please note that unless the words LEAD or LEADING appear in front of a single punch or kick then it always done with the reverse arm or leg.

Please check if the technique is done on the spot or advancing forward.

Also please be aware that if you are being thrown you are being marked for your break falls.

All gradings' passed will be recorded by the CMAA grading officer in your official licence and also with the Association

Anyone who fails a grading will be permitted to retake it after a given time that will be set on the night.

Full respect must be given to anyone who has a higher grade than you. Failure to give this respect could result in expulsion.

Belt Stripes

Brown & Black belts the following system may be observed:

3rd KYU= 1 white stripe. 2nd KYU = 2 white stripes. 1st KYU = 3 white stripes.

Black Belts: 1st Dan = 1 red.

2nd Dan = 2 red.

3rd Dan = 3 red and so on

5th Dan and over may use a Black & Red Block Belt instead of stripes.

6th Dan and over may use a Black & White Block Belt instead of stripes.

8TH KYU YELLOW

1. Demonstrate: Bow, Ready Stance & Guard.
2. Lead jab, reverse punch.
3. Lunge punch to the head advancing forward
4. Front kick.
5. Body roundhouse kick.
6. Leading hand upward rising head block same hand neck strike, reverse punch.
7. Projecting back fist.
8. Reverse crescent kick same leg sidekick.

Section Passed _____ Date _____

Self Defence

1. 1 defence against face punch to include outer hook
2. 1 defence against front kick to include a hold down or lock

Section Passed _____ Date _____

Pad work.

1. Reverse punch
2. Long knee
3. Back fist
4. Lead round elbow
5. Front kick
6. Body roundhouse kick

Section Passed _____ Date _____

Grade Passed _____ Date _____

7th KYU ORANGE

1. Reverse punch same hand back fist.
2. Lead hook reverse uppercut.
3. Double punch (yama zuki).
4. Spinning back fist.
5. Projecting lead jab, reverse punch, palm heel to face.
6. Lead sidekick, inside crescent kick, back kick.
7. Lead outside crescent kick, reverse punch, lead hook.
8. Jumping front kick.

Section Passed _____ Date _____

Self defence must include locks or hold downs

1. 1 defence against double grab.
2. 1 defence against overhead strike.

Section Passed _____ Date _____

Pad work.

1. Spinning back kick
2. Round knee
3. Tornado kick
4. Stepping sidekick
5. Ridge hand
6. Hook punch

Section Passed _____ Date _____

Grade Passed _____ Date _____

6th KYU GREEN

1. Lead jumping back fist.
2. Step back low block same hand back fist, reverse punch, double open hand strike.
3. Reverse sweep, face inside crescent kick, sidekick, back kick, reverse punch, ridge hand.
4. Face spinning crescent kick.
5. Lead sidekick to body face outside crescent kick.
6. Lead jab, stepping hook punch, stepping uppercut.
7. Knife hand block, spinning elbow.
8. Empi waza combination.

Section Passed _____ Date _____

Self defence must include locks and hold downs

9. 1 Defence against face roundhouse kick.
10. Floor defence against kick to head, strangulation and stamp.

Section Passed _____ Date _____

Padwork.

11. Jumping front kick
12. Spinning elbow
13. Jumping knee
14. Double body round house
15. Down elbow
16. Axe kick

Section Passed _____ Date _____

Grade Passed _____ Date _____

5th KYU BLUE

1. Lead jab, reverse punch, low roundhouse kick, spinning back fist.
2. Side step to the left body roundhouse same leg side kick to the knee with out putting the foot down.
3. Lead outside crescent kick to body, reverse inside crescent kick to face same leg stepping sidekick.
4. Left side shin block same leg inside thigh kick, back elbow.
5. Lead jab, reverse hook, spinning crescent kick to the face.
6. Lead sidekick, back kick, ridge hand, run through face punch.
7. Reverse wing chun, low roundhouse, spinning back fist, reverse punch.
8. Shifting reverse side kick low & body, back elbow into spinning elbow.

Section Passed _____ Date _____

Self Defence must include throws or take downs

1. Defences against strangulation. 1 front, 1 rear.
2. Defences against bear hug. 1 front, 1 rear.

Section Passed _____ Date _____

Pad work. (To be done against 2 pads in a "L" shape).

1. Hammer fist, reverse punch.
2. Front kick, back kick (same leg).
3. Lead front kick, jumping front kick, and sidekick.
4. Spinning back fist, round elbow.
5. Roundhouse kick to body, outside crescent kick to the face.
6. Stepping uppercut down back knuckle, jumping spinning back kick.

Section Passed _____ Date _____

Grade Passed _____ Date _____

4th KYU PURPLE

1. Projecting palm rising strike, down back elbow to the face, uppercut punch.
2. Rear round elbow to the face, side step to the right ridge hand.
3. Spinning top punches x 2
4. Lead back fist, lead hook punch, lead sidekick, reverse outside crescent kick to the face land behind and front kick with the same leg.
5. Spinning crescent kick to the face, front kick, roundhouse kick to body & reverse ridge hand.
6. Lead jab same hand elbow, spinning elbow, turning ridge hand into tornado kick.
7. Axe kick, same leg sidekick, back kick double palm strike.
8. With a partner, scissor sweep, either forward, jumping or forward.

Section Passed _____ Date _____

Self Defence

1. Escape and defend from: head lock from the side
2. Escape and defend from wrist grab single or double, front or rear.
3. Escape and defend from rear attack with one arm around neck

Section Passed _____ Date _____

Pad work. (To be done against 2 pads in an "L" shape).

1. Front kick, side kick.
2. Lunge punch, reverse punch.
3. Double lead jab, hammer fist.
4. Spinning crescent kick to face, jumping front kick.
5. Against 1 pad: grab, spin & machine gun knee. min' 4 strikes.

Section Passed _____ Date _____

Grade Passed _____ Date _____

3rd KYU BROWN
(1-7 to be done from both stances)

1. Slide back down block, lunge punch same hand knife edge neck strike, reverse uppercut & down back knuckle.
2. Front kick, body roundhouse, back kick, jumping front kick, double thrust.
3. Sideways evasion, double punch, low roundhouse.
4. Drop to the floor reverse leg shin sweep & axe kick.
5. Double punch, low roundhouse kick, spinning back fist, reverse punch, palm strike, lead sidekick, jumping front kick, inside crescent kick.
6. Long knee, same side face punch, hook punch, step back then jump forward side kick
7. Lead round elbow, spinning elbow, down elbow, uppercut elbow & back elbow.
8. With a partner: body drop throw, hip wheel or half shoulder.

Section Passed _____ Date _____

Self Defence

1. Grading officer to choose any punch as attack. Student to show 1 defence and explain the effect the defence would have.
2. As above but kicking attack

Section Passed _____ Date _____

Pad work. (To be done against 3 pads in a “t” shape).

1. Front, side & back kick without putting the foot down.
2. Lead jab, reverse punch & back fist.
3. Lead elbow, reverse elbow to the behind, long knee forward & outside crescent kick to the side.

Focus mits.

4. Spinning top
5. Jumping spinning crescent kick to the face.

Section Passed _____ Date _____

Grade Passed _____ Date _____

2nd KYU BROWN

(1-10 to be done from both stances)

1. Lunge punch, reverse punch, round elbow same hand back fist, run thru face punch, uppercut same hand down back knuckle, hook punch, ridge hand.
2. Front kick, body roundhouse kick, face spinning crescent kick, stepping side kick, jumping front kick, long knee, double punch (yama zuki).
3. Slide back leading down block, reverse punch, stepping knife-edge neck strike, reverse uppercut, low roundhouse kick, back kick.
4. Spinning crescent kick to the face x 3. (the 3rd one is jumping).
5. With partner: front rice bale, rear throw or, valley drop.
6. Lead back fist, reverse punch, long knee, front kick, hook punch, ridge hand.
7. Side step head block & punch together, dropping spinning hook sweep & axe kick.
8. Lead roundhouse kick, lead sidekick, reverse round house kick, sidekick all to body.
9. Reverse hook, lead hook same arm shifting back elbow, spinning elbow, sidekick & sweep same leg, punch to the floor.

Section Passed _____ Date _____

Self Defence

1. Any attack. Student show 1 defence and explain the effect.
2. Any weapon attack. Student show 1 defence and explain the effect.

Section Passed _____ Date _____

Pad work.

1. Any combination of 4 strikes on large pad
2. Any combination of 4 strikes on focus mitts.

Section Passed _____ Date _____

Grade Passed _____ Date _____

1st KYU BROWN

(1-4 to be done from both stances)

1. Slide forward lead back fist, run thru face punch, reverse punch, slide back downward x block, stepping uppercut same hand down back knuckle, double punch (yama zuki).
2. Front kick, jumping front kick, body roundhouse kick, inside crescent kick to face, back kick, still with your back to the target reverse back crescent kick to the face.
3. Slide back down block, double punch (yama zuki),stepping hook (left hand), stepping uppercut & down back knuckle, step thru face punch, slide back face x block, long knee reverse punch.
4. Face spinning crescent kick landing behind, body roundhouse, back kick, back kick with the other leg, turn then outside crescent kick, jumping front kick, run thru punch, jumping axe kick.

Section Passed _____ Date _____

Self Defence

1. Grading officer to choose attack. Students explain the effect.
2. Grading officer to choose attack. Students explain the effect.
3. Grading officer to choose attack. Students explain the effect.
4. Grading officer to choose attack. Students explain the effect.
5. Grading officer to choose attack. Students explain the effect.

Section Passed _____ Date _____

Pad work.

1. Any combination of 4 strikes on large pad
2. Any combination of 5 strikes on large pad
3. Any combination of 4 strikes on focus mitts
4. Any combination of 5 strikes on focus mitts

Section Passed _____ Date _____

Grade Passed _____ Date _____

1st DAN GRADING SYLLABUS

SELF DEFENSE-1 PER ATTACK, STUDENT ALSO EXPLAIN EFFECT

1. Empi waza combination.
2. Face punch.
3. Double grab.
4. Front kick to the body.
5. Escape and defend from rear attack with one arm around neck
6. Floor defence against kick to head, strangulation and stamp.
7. Floor defence against strangulation
8. Floor defence against stamp
9. Double wrist grab from the front.
10. Against over head strike

1st DAN PAD WORK

To be done against 2 pads in a "L" shape

1. Roundhouse kick to body, outside crescent kick to the face.
2. Stepping uppercut down back knuckle, jumping spinning back kick.
3. Lunge punch, reverse punch.
4. Spinning crescent kick to face, jumping front kick

To be done against 3 pads in a "t" shape.

5. Front, side & back kick without putting the foot down.
6. Lead jab, reverse punch & back fist.
7. Lead elbow, reverse elbow to the behind, long knee forward & outside crescent kick to the side.

Random Padwork Selected by Panel

1st DAN COMBINATIONS

1. Lead back fist, step sidekick, spinning crescent kick to head.
2. Front kick, roundhouse, back kick.
3. Lead front kick same leg sidekick to body, inside crescent kick to head.
4. Front kick, sidekick, roundhouse to body without putting the foot down.
5. Spinning crescent kick to head, double lead roundhouse to body.
6. Lead jab, lead roundhouse to body, right hook punch, left uppercut, reverse punch.
7. Jumping front kick, reverse sidekick, shifting back elbow, back fist, reverse punch.
8. Long knee, same side punch to face, hook punch, upper cut, long knee.
9. Reverse side kick to body land forward same leg roundhouse to body, right jab, left hook, right ridge hand, right sweep right stomp to the floor.
10. Lead roundhouse to leg then body, spin crescent kick, reverse punch, lead sweep axe to floor.

2nd DAN GRADING SYLLABUS

SELF DEFENSE-1 PER ATTACK

1. Uppercut punch followed by hook punch.
2. Double hook punch.
3. Roundhouse to leg & body.
4. Kick to head or body whilst on the ground.
5. Escape from back arm & collar hold.
6. Strangulation on the ground.
7. Over head stab with knife.
8. Knife slash to the face.
9. Escape from straight arm lock (figure 4)
10. Side kick to body.

2nd DAN PAD WORK

1. Jab & cross.
2. Lead jab & uppercut, reverse punch.
3. Double body hook, double head hook.
4. Jab, spinning back fist.
5. Left hook, right hook, double handed strike, reverse elbow.
6. Lead leg push kick, low roundhouse.
7. Roundhouse front + rear, reverse outside crescent + roundhouse, spinning crescent kick
8. Spinning crescent kick land behind then roundhouse.
9. Jab, cross, low roundhouse.
10. Lead uppercut, right cross, spinning back kick.

2nd DAN COMBINATIONS

1. Reverse punch to mid, reverse sidekick to mid, spinning crescent kick to head, reverse roundhouse to body, backfist reverse punch, sweep & punch.
2. Lead jab, lunge punch, jump front kick, spin back fist, outside crescent kick and roundhouse to body with the same leg.
3. Lead roundhouse to knee up to body, backfist, reverse punch, spin back kick.
4. Stepping sidekick to mid, backfist, reverse punch, tornado kick, spin back kick, run thru ridge hand
5. Lead front kick, sidekick, back kick, step ridge hand, spin backfist, step thru sweep, round knee and sidekick.
6. Outside crescent kick to head and roundhouse to body with the same leg, backfist, reverse punch, reverse leg roundhouse to leg, reverse punch, spinning crescent kick
7. Lead jab, reverse punch, reverse roundhouse kick to body, spin back kick, outside crescent kick and roundhouse with the same leg
8. Lead jab, lead side kick to mid, reverse roundhouse to body, spin back kick, reverse punch, roundhouse to body.
9. Lead jab, reverse punch, spin backfist, lead sidekick to mid, roundhouse to spin crescent kick.
10. Step sidekick, spin crescent kick, lead jab, same hand reverse punch & ridge hand, reverse roundhouse to body.

3rd DAN GRADING SYLLABUS

SELF DEFENSE - 1 PER ATTACK

1. ANY ATTACK
2. ANY ATTACK
3. ANY ATTACK
4. ANY ATTACK
5. ANY ATTACK
6. ANY ATTACK
7. ANY ATTACK
8. ANY ATTACK
9. ANY ATTACK

3rd DAN PAD WORK

1. Jab & cross.
2. Lead Jab & uppercut, reverse punch.
3. Double body hook, double head hook.
4. Jab, spinning back fist.
5. Left hook, right hook, double handed strike, reverse elbow.
6. Lead leg push kick, low roundhouse.
7. Roundhouse front + rear, reverse outside crescent + roundhouse, spinning crescent kick
8. Spinning crescent kick land behind then roundhouse.
9. Jab, cross, low roundhouse.
10. Lead uppercut, right cross, spinning back kick.

3RD DAN COMBINATIONS

1. Lead jab, lunge punch, spinning backlist, Reverse leg jump sidekick spinning crescent kick.
2. Lead leg outside crescent to head then roundhouse to body with the same leg, reverse leg outside crescent kick to head, lead jab, Reverse punch roundhouse to leg then body without putting the foot down.
3. Lead jab, right hook, spinning back fist, roundhouse to body spinning crescent kick to head.
4. Lead push sidekick, lead jab, right cross, left Uppercut, right hook.
5. Lead jab, lunge punch, step back left low block, Reverse punch, tornado kick, spinning back kick.
6. Reverse leg shin block & outside crescent to head, lead leg sweep, reverse punch & sidekick to the floor.
7. Left "hairbrush" block, lunge punch, spinning crescent kick, front leg sweep reverse punch to the floor.
8. Lead leg snap kick, reverse sidekick, lead jab, Reverse punch, right hook.
9. Reverse front kick to head, sidekick reverse leg to body, front low block, lunge punch spinning crescent kick to head.
10. Stepping sidekick & roundhouse with the same leg, front jab, reverse punch, reverse hook kick to head.