



*Syllabus Book*  
*8th KVA Yellow Belt*  
*to*  
*5th Dan Black Belt*



Student Name: \_\_\_\_\_

## COBRA FMA SYLLABUS

**STUDENT NAME:**

\_\_\_\_\_

**LICENCE NUMBER:**

\_\_\_\_\_

**EXPIRY MONTH:**

\_\_\_\_\_

### COBRA FMA (Karate, Kickboxing & Ju-Jitsu Combined)

Andrew Morrell, President of the CMAA, who holds Black Belts in each of the 3 styles, wrote this syllabus. It is for the use of the students and Instructors of the CMAA. It is a guide to each grading from beginner (8<sup>th</sup> KYU Yellow belt) up the Junior & Adult Black Belt levels.

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.

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



Using the CMAA PGS Students will be assessed as they learn with each technique being signed off once they are able to perform it. Once all of the techniques required for each grade are complete the grade will be awarded and the grading fee will become due. Should the student struggle with a technique it may be differed and the grade awarded but must be completed prior to Black Belt. **Before awarding each grade students will be required to show at least 2 techniques at random from all previous grades by way of revision.**

Upon reaching the age of 13 children will then be expected to learn the 13 Years + sections prior to moving forward in grade. With regards to Junior Black grades the child will then attempt 1<sup>st</sup> Dan no matter what level of Junior Black they are at. To do this they will learn and perform all of the 13 Years + sections in front of the CMAA Black Belt Grading Panel.

## **Belt Stripes**

The following system must be observed for brown and black belts.

### **Tabs (Kids Only)**

0 Tabs = Combinations Section Pass

1 Tab = Self Defence Section Pass

2 Tabs = Pad Work Section Pass

### **Brown Belts:**

3<sup>rd</sup> KYU = 1 white stripe.

2<sup>nd</sup> KYU = 2 white stripes.

1<sup>st</sup> KYU = 3 white stripes.

### **Junior Black Belts:**

Junior black belts are graded 18 months apart. Once the child reaches the age of 13 he/she will then be graded to 1<sup>st</sup> Dan.

1<sup>st</sup> Junior Black =

Black & White with 1 red tab

2<sup>nd</sup> Junior Black =

Black & White with 2 red tabs

3<sup>rd</sup> Junior Black =

Black & White with 3 red tabs

### **Dan Grades / Adult Black Belts**

Adult grades (13 years +) are graded years apart dependant of grade. 4<sup>th</sup> Dan and above are awarded for active time served running a club and still training with Andrew Morrell, otherwise a grading will take place for 4<sup>th</sup> and 5<sup>th</sup> Dan.

1<sup>st</sup> Dan = Full Black with 1 red tab

2<sup>nd</sup> Dan (2 years after 1<sup>st</sup>) = 2 red tabs

3<sup>rd</sup> Dan (3 years after 2<sup>nd</sup>) = 3 red tabs

4<sup>th</sup> Dan (4 years after 3<sup>rd</sup>) = 4 red tabs

### **Master Grades**

5<sup>th</sup> Dan (5 years after 4<sup>th</sup>) = 5 red tabs

6<sup>th</sup> Dan (5 years after 5<sup>th</sup>) = 6 red tabs

7<sup>th</sup> Dan (5 years after 6<sup>th</sup>) = 7 red tabs

### **Grand Master (Highest Grade in FMA)**

8<sup>th</sup> Dan (5 years after 7<sup>th</sup>) = 8 red tabs

**8<sup>th</sup> KYU Yellow Belt**

Combinations

Lead head block & reverse punch, reverse parry block and lead back knuckle.

PASS.....

Double lead jab, reverse hook punch.

PASS.....

Lead front kick to body.

PASS.....

Reverse front kick to body.

PASS.....

Outside shin block, reverse punch.

PASS.....

Lead head block and knife hand strike to the throat, reverse punch to the body.

PASS.....

Self Defence

Against face hook punch. (to include dropping ankle throw)

PASS.....

Against single lapel grab.

PASS.....

Against reverse front kick to body. (to include a leg lock)

PASS.....

Against lead jab.

PASS.....

Against lead front kick to body.

PASS.....

Pad work Focus mits

Reverse hook punch.

PASS.....

Lead jab.

PASS.....

Lead jab, reverse hook, lead jab.

PASS.....

Pad Work Large pad

Lead front kick, reverse front kick.

PASS.....

Reverse roundhouse to the body.

PASS.....

Long knee

PASS.....

Reverse punch.

PASS.....

**13 Years +**

Arm lock Bunkai 1 to 2

PASS.....

Leg Lock Bunkai 1 to 2

PASS.....

GRADE PASSED.....

DATE.....

**7<sup>th</sup> KYU Orange Belt**

**Combinations**

Lead palm heel, reverse uppercut.  
PASS.....

Lead back fist, lead body sidekick.  
PASS.....

Lead face roundhouse, reverse punch, lead hook, lead sidekick to body.  
PASS.....

Cross shin block, lead back elbow into spinning elbow.  
PASS.....

Long knee, same side round elbow, ridge hand.  
PASS.....

Double punch (yama zuki)  
PASS.....

**Self Defence**

Against reverse uppercut.  
PASS.....

Against lead sidekick.  
PASS.....

Double lapel grab.  
PASS.....

Against reverse ridgehand. (to include inside hock)  
PASS.....

Lead backfist. (to include outside hock)  
PASS.....

**Pad work Focus mits**

Turning roundhouse to the face. (your chin level)  
PASS.....

Lead hook, reverse upper cut, lead elbow.  
PASS.....

Lead back fist, reverse punch.  
PASS.....

**Pad Work Large pad**

Stepping sidekick.  
PASS.....

Spinning back kick.  
PASS.....

Tornado kick.  
PASS.....

Lead front kick, reverse low roundhouse.  
PASS.....

**13 Years +**

Arm lock Bunkai 1 to 4  
PASS.....

Leg Lock Bunkai 1 to 4  
PASS.....

GRADE PASSED.....

DATE.....

**6<sup>th</sup> KYU Green Belt**

Combinations

Low roundhouse, spinning back fist, reverse side kick.

PASS.....

Lead head hook kick, reverse punch.

PASS.....

Reverse body crescent kick land forward same leg head hook kick land behind, reverse front kick.

PASS.....

Step back low block, double palm push off run through head punch.

PASS.....

Knife hand block & back fist with the same hand, spinning hook kick to the head.

PASS.....

Reverse sweep, face roundhouse, back kick, ridgehand, uppercut.

PASS.....

Self Defence

Against bear hug from behind.

PASS.....

Against face roundhouse kick.

PASS.....

Against head lock from the side.

PASS.....

Against front hair grab.

PASS.....

Against body roundhouse.

PASS.....

Pad work Focus mits

Spinning back fist

PASS.....

Lead outside crescent kick, turning roundhouse to the head.

PASS.....

Reverse head crescent kick land forward lead back fist.

PASS.....

Pad Work Large pad

Stepping sidekick, back kick

PASS.....

Axe kick.

PASS.....

Jumping front kick.

PASS.....

**13 Years +**

Arm lock Bunkai 1 to 6

PASS.....

Leg Lock Bunkai 1 to 7

PASS.....

Sweeps & Throws

Dropping shin sweep.

PASS.....

Knee wheel.

PASS.....

GRADE PASSED.....

DATE.....

**5<sup>th</sup> KYU Blue Belt**

Combinations

Lead round elbow, spinning elbow, jumping front kick.

PASS.....

Spinning back fist advancing forward ( 3 strikes alternate hands )

PASS.....

Spinning head hook kick land behind, reverse head roundhouse, back kick.

PASS.....

Run through head punch, reverse punch, lead ridgehand, lead sidekick.

PASS.....

Slide back head cross block, yama zuki, reverse wing chun, hook punch, uppercut punch.

PASS.....

Lead hook kick to the face.

PASS.....

Self Defence

On floor attacker sitting on chest

PASS.....

On floor against kick to the head.

PASS.....

Against front strangulation.

PASS.....

Against hammer fist.

PASS.....

Against hair grab from behind.

PASS.....

Pad work Focus mits

Spinning back fist, spinning crescent kick.

PASS.....

Spinning hook kick, turning roundhouse both to head.

PASS.....

Lead hook kick, reverse ridge hand, hook punch, uppercut punch.

PASS.....

Pad Work Large pad

Jumping forward side kick.

PASS.....

Round knee both legs.

PASS.....

Jumping spinning back kick.

PASS.....

**13 Years +**

Arm lock Bunkai 1 to 9

PASS.....

Leg Lock Bunkai 1 to 10

PASS.....

Sweeps & throws

Dropping spinning hook sweep.

PASS.....

Hip throw

PASS.....

Sweeping loin

PASS.....

GRADE PASSED.....

DATE.....

**4<sup>th</sup> KYU Purple Belt**

Combinations

Lunge punch, reverse punch, palm heal, lead hook kick & roundhouse to head with out putting the foot down.  
PASS.....

Reverse front kick, low roundhouse, spinning back fist, hook punch, uppercut & down back knuckle.  
PASS.....

Lead jab, lead roundhouse to body, spinning back fist, stepping side- kick, jumping front kick, double push off.  
PASS.....

Tornado kick, back kick, reverse punch, ridge hand, shifting back elbow.  
PASS.....

Lead hook kick, reverse sidekick & roundhouse with the same leg advancing forward.  
PASS.....

Spinning top with 2 turns.  
PASS.....

**Self defence 13 Years +**

Against knife attack to stomach. PASS.....

Against swiping Knife attack to the face. PASS.....

Against knife attack from behind with blade near throat. PASS.....

Against overhead strike with knife. PASS.....

**Self Defence Under 13 years**

On floor being strangled with attacker kneeling to the side. PASS.....

Revision of 2 techniques from previous grades. PASS.....

Pad work Focus mits

Reverse hook, lead hook, spinning back fist, lead hook, reverse hook, spinning back fist.  
PASS.....

Lead head roundhouse, spinning hook kick & roundhouse. PASS.....

Jumping spinning crescent.  
PASS.....

Pad Work Large pad

Stepping forward into jumping back kick.  
PASS.....

Jumping reverse side kick & back kick (bonus if both done in the air). PASS.....

Machine gun knee. PASS.....

**13 Years +**

Arm lock Bunkai 1 to 12  
PASS.....

Leg Lock Bunkai 1 to 13  
PASS.....

Sweeps & Throws

Scissor from a lunge punch.  
PASS.....

Half shoulder throw.  
PASS.....

GRADE PASSED.....

DATE.....

**3<sup>rd</sup> KYU Brown Belt**

Combinations to be done from both stances

Stepping side kick, spinning hook kick, low roundhouse, sweep & punch to the floor.

PASS.....

Lunge punch, step back head cross block, long knee, yama punch, low roundhouse, spinning back fist.

PASS.....

Lead elbow, spinning elbow step back and lead side kick to the face.

PASS.....

Side step to the left whilst head blocking with the reverse, body roundhouse, face hook kick & body side kick without putting the leg down.

PASS.....

Lead roundhouse to the face, jumping spinning crescent kick , dropping spinning hook sweep.

PASS.....

Sideways evasion, double punch.

PASS.....

Self defence.

Any punch (must include locks or hold downs)

PASS.....

Any kick (must include locks or hold downs)

PASS.....

Pad work Focus mits

1. Uppercut punch & Down back knuckle, Ridge hand, step back Tornado kick.

PASS.....

2. Spinning top with 1 turn, Lead hook punch to body, Reverse hook punch to head, Spinning hook kick, Jumping spinning crescent kick.

PASS.....

Pad Work Large pad

1. Reverse punch, Hammer fist, Axe kick & spinning back kick.

PASS.....

2. Double lead jab, Hook punch, Spinning back fist, Long knee, reverse punch.

PASS.....

3. Round knee, Lead body roundhouse, Reverse body roundhouse, Crescent kick.

PASS.....

**13 Years +**

Arm lock Bunkai 1 to 15

PASS.....

Leg Lock Bunkai 1 to 16

PASS.....

Throws

Front head throw.

PASS.....

Spring hip.

PASS.....

Leg throw.

PASS.....

GRADE PASSED.....

DATE.....

**2<sup>nd</sup> KYU Brown belt**

Combinations to be done from both stances.

Lead back fist, step sidekick, spinning hook kick to head x 2.

PASS.....

Front kick, roundhouse, back kick, yama zuki, long knee, yama zuki.

PASS.....

Lead front kick same leg sidekick to body, turning roundhouse to head, roundhouse to the body, dropping shin sweep.

PASS.....

Front kick, sidekick, roundhouse to face without putting the foot down.

PASS.....

Spinning hook kick to head, double lead roundhouse to head, reverse punch, uppercut, palm heel to the face.

PASS.....

Spinning hook kick twice to face, jumping spinning crescent kick.

PASS.....

Self defence

Any floor attack

PASS.....

Any grabbing attack

PASS.....

Pad work Focus mits

Yama Zuki, Run through punch, Hammer fist, Uppercut punch.

PASS.....

Lead hook kick, reverse turning roundhouse to face, Outside crescent kick.

PASS.....

Pad Work Large pad

Lunge punch, Spinning backfist, Jumping roundhouse, Stepping sidekick.

PASS.....

Machine gun knee (6 strikes), Lead elbow, Double push off, Back kick.

PASS.....

Jumping front kick, Lead backfist, Ridge hand, Front kick.

PASS.....

Jumping axe kick, Jumping reverse sidekick into back kick.

PASS.....

**13 Years +**

Arm lock Bunkai 1 to 18

PASS.....

Leg Lock Bunkai 1 to 18

PASS.....

Throws

Hip wheel.

PASS.....

Full shoulder throw.

PASS.....

GRADE PASSED.....

DATE.....

**1<sup>st</sup> KYU Brown Belt**

Combinations to be done from both stances.

Lead jab, lead roundhouse to body, right hook punch, left uppercut, reverse punch, palm heel, jumping spinning crescent kick.  
PASS.....

Jumping front kick, reverse sidekick, spinning hook kick to head, sweep & axe kick to the floor.  
PASS.....

Jumping axe kick, reverse crescent kick land forward & sidekick with same leg, double spinning hook kick to head.  
PASS.....

Reverse side kick to body land forward same leg roundhouse to head, right jab, left hook, right ridge hand, right sweep right stomp to the floor.  
PASS.....

Lead roundhouse & hook kick to head with out putting the foot down, low turning roundhouse into spin crescent kick land behind, reverse punch, long knee.  
PASS.....

Self defence

Any attack  
PASS.....

Any attack  
PASS.....

Any attack  
PASS.....

Any attack  
PASS.....

Pad work Focus mits

Jumping spinning crescent kick, Double roundhouse to face.  
PASS.....

Double body hook, Double uppercut, Jab & Cross.  
PASS.....

Pedal & Cross.  
PASS.....

Pad Work Large pad

Lead front kick, reverse low roundhouse, Spinning hook kick, Jumping back kick.  
PASS.....

Reverse side kick, Tornado kick twice, Run through face punch.  
PASS.....

Jumping spinning back kick, Jumping spinning crescent kick  
PASS.....

**13 Years +**

Arm lock Bunkai 1 to 21  
PASS.....

Leg Lock Bunkai 1 to 18  
PASS.....

Sweeps & Throws

Any throw  
PASS.....

Any throw  
PASS.....

Any Sweep  
PASS.....

Any Sweep  
PASS.....

GRADE PASSED.....

DATE.....

**1<sup>st</sup> Dan / 1<sup>st</sup> Junior Black Belt /**

**Self Defense-2 Per Attack**

1. Face punch.
2. Double grab.
3. Roundhouse to the face.
4. Bear hug from behind with both arms trapped.
5. Head lock from the side.
6. Strangulation from behind.
7. Knife thrust to the stomach.
8. Knife thrust to the face.
9. Double wrist grab from the front.
10. Front kick to the body.

**SECTION PASSED.....**

**Pad Work**

1. Lead back fist, reverse punch
2. Lead jab, hook punch
3. Lead jab, round elbow
4. Lead jab, reverse punch, reverse ridgehand
5. Lead backfist, spinning backfist, step back reverse punch
6. Roundhouse to head
7. Roundhouse to body
8. Front kick to body
9. Side kick to body
10. Back kick to body
11. Lead hook kick to head
12. Spinning hook kick to head
13. Machine gun knee
14. Lead hand jab same hand hook punch roundhouse to head
15. Lead front kick to body, roundhouse to head, lead back fist, reverse punch
16. Lead axe kick same leg roundhouse to head, spinning hook kick to head
17. Lead front push kick same leg step side kick, spinning back kick
18. Lead jab, reverse punch, lead front kick, jumping back kick

**SECTION PASSED.....**

**Combinations (both stances)**

1. Lead backfist, step side kick, spinning hook kick to head.
2. Front kick, roundhouse, back kick.
3. Lead front kick same leg side kick to body, turning roundhouse to head.
4. Front kick, side kick, roundhouse to body without putting the foot down.
5. Spinning hook kick to head, double lead roundhouse to head.
6. Lead jab, lead roundhouse to body, right hook punch, left uppercut, reverse punch.
7. Jumping front kick, reverse side kick, spinning hook kick to head.
8. Jumping axe kick, crescent kick, double spinning hook kick.
9. Reverse side kick to body land forward same leg roundhouse to head, right jab, left hook, right ridge hand, right sweep right stomp to the floor.
10. Lead roundhouse to head, spin crescent kick, reverse punch, lead sweep axe to floor.

**JUNIOR GRADE**

**PASSED.....DATE.....**

**ADULT GRADE**

**PASSED.....DATE.....**

**2<sup>nd</sup> Dan / 2<sup>nd</sup> Junior Black Belt //**

**Self Defense-2 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.

**SECTION PASSED.....**

**Pad Work**

A selection of at least 10 techniques will be selected.

**SECTION PASSED.....**

**Combinations (both stances)**

1. Reverse punch to body, reverse side kick, spinning hook-kick to head, reverse roundhouse to head, lead backfist, reverse punch, lead sweep & punch to the floor.
2. Lead jab, lunge punch, jumping front kick, spinning backfist, reverse leg outside crescent kick & roundhouse to head with the same leg.
3. Lead roundhouse to knee upto head without putting the foot down, lead backfist, reverse punch, jumping spinning crescent kick.
4. Reverse side kick, lead backfist, reverse punch, tornado kick, spin back kick, run thru ridge hand
5. Lead front kick, reverse side kick, back kick, step ridge hand, spinning backfist, half step sweep, round knee & snap side kick with the same leg.
6. Reverse hook kick to head & roundhouse to head with the same leg, lead backfist, reverse punch, reverse leg roundhouse to the head, reverse punch, spinning hook kick.
7. Lead jab, reverse punch, reverse roundhouse kick to head, spinning back kick, outside crescent kick, roundhouse to head.
8. Lead jab, lead side kick, reverse roundhouse to head, spinning back kick, reverse punch, roundhouse to head.
9. Lead jab, reverse punch, spinning backfist, lead side kick, lead roundhouse, spin hook kick to the head.
10. Step side kick, spin hook kick to the head, lead jab, reverse punch & ridge hand with the same hand, reverse roundhouse to head.

**JUNIOR GRADE**

**PASSED.....DATE.....**

**ADULT GRADE**

**PASSED.....DATE.....**

**3<sup>rd</sup> Dan / 3<sup>rd</sup> Junior Black Belt ///**

Self Defense-2 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
10. Any attack

**SECTION PASSED.....**

Pad Work

A selection of at least 10 techniques will be selected.

**SECTION PASSED.....**

Combinations (both stances)

1. Leed jab, lunge punch, spinning backfist, reverse leg jump side kick, spinning hook kick.
2. Leed leg hook to middle then roundhouse to head, reverse leg hook kick to head, leed jab, reverse punch roudhouse to head.
3. Leed jab, reverse hook, spinning backfist, roundhouse spinning hook kick to head.
4. Leed push side kick, leed jab, reverse cross, leed uppercut, reverse hook.
5. Leed jab, lunge punch, step back low block, reverse punch, tornado kick, spinning back kick.
6. Same leg reverse leg shin block & hook to head, leed sweep, reverse punch & side kick to the floor.
7. Leed "hairbrush" block, lunge punch, spinning hook kick, leed sweep reverse punch to the floor.
8. Leed front kick, reverse side kick, leed jab, reverse punch, leed hook.
9. Reverse front kick to head, reveres side kick to head, leed low block, lunge punch spinning hook kick to head.
10. Same leg stepping side kick roudhouse to face, leed jab, reverse punch, reverse hook kick to head.

**JUNIOR GRADE**

**PASSED.....DATE.....**

**ADULT GRADE**

**PASSED.....DATE.....**

**COBRA FMA**  
**S.T.O.R.M. KATA**  
**(Under 13 Years Only)**

From left guard lead head block and reverse punch, knife hand strike to neck into shifting back elbow and lead side kick to face.

Turn to the right reverse punch and reverse round house low, middle and high then hook kick, all without putting the leg down and return to guard.

Full turn and then long knee in the air slowly twice then full turning roundhouse landing in opposite guard as normal.

Turn to the left and reverse punch into reverse front kick then back kick to the rear without putting the foot down into full turn into lead backfist, hook punch, spin back fist, hook punch and roundhouse to the head snapping off and return to guard.

Turn to the left and reverse punch, hook punch, hook punch, uppercut punch, reverse punch into jump spin crescent kick landing in guard.

Look to the rear and side kick, hook kick and roundhouse to the face without putting the foot down and return back to guard.

Turn to the right drop shin sweep and axe kick, roll back up into guard.

Return to original guard position.

## **Arm & Leg Lock Bunkai**

The word 'Bunkai' means *analysis* or *to find meaning*.

It is taken from Kata applications found within most traditional styles of Karate.

Within this syllabus you will be taught self-defence / protection techniques that involve restraining your opponent, by use of locks and holds, in such away that they cannot move / escape.

However, in order to apply these locks and holds effectively it is important that you understand how and why they work.

The 21 arm locks and 18 leg locks contained within the following pages have been placed together as a flowing Bunkai for that very reason.

You will learn them progressively as you go through the grade structure adding 1 or 2 more at each grade.

When practicing them with your partner they must be applied slowly and methodically.

This will work in 2 ways for you:

1. You will learn their correct application.
2. In time they will become second nature as they become programmed into your subconscious.

## **Cobra FMA Leg Lock Bunkai**

(To be performed with a partner)

1. Leg Throw & Stamp
2. Kneel on thigh Apply figure four
3. Kick to groin, sweep around other foot sit down and apply figure four
4. Stand and kneel on inside of thighs
5. Step over hip and shin calf lock
6. Lock other leg behind knee
7. Release, kneel to the side and strike groin
8. Indian Death Lock
9. Turn over and lift with lock still on
10. Release and apply crossed leg lock with your foot on the outside, reach forward and pull head
11. Apply crossed leg lock with your foot against the groin
12. Heal kick to groin and apply crossed leg lock
13. Sit on base of spine and lift knee
14. Repeat with both legs
15. Place foot on base of spine and lift foot
16. Apply kneeling leg twist outside
17. Apply kneeling leg twist inside
18. Stand on back of calf, wrap the foot around your shin and step over

## **Cobra FMA Arm Lock Bunkai**

(To be performed with a partner)

1. Standing block punch, rotate arm lock fist against stomach and lock elbow.
2. Figure 4 inside
3. Figure 4 outside
4. Place elbow on shoulder and "snap"
5. Half Shoulder throw
6. Straight arm lock
7. Prayers lock
8. Arm bar left
9. Arm bar right
10. Chicken wing
11. Calf and thigh neck crush
12. Sit down, lie back arm bar
13. Cross over arm bar
14. Foot behind head, neck crank and slam
15. Turn back over and double arm lock
16. Stand up, Cricket Bat & Wing Chun
17. Step over shoulder knee smash
18. Foot next to head, sit down, bent arm lock
19. Reach over double arm lock
20. Stand up, ski lock left & right
21. Double back hammer