



**Cobra Martial Arts Association**



Grading Syllabus  
*(Updated 2020 Version)*

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STUDENT NAME

## **PREFACE**

This syllabus was written by:

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**Cobra Martial Arts Association.**

It is a guide to each grading from Yellow up to 3<sup>rd</sup> Dan.

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 fail score for that technique.

All techniques will be carried out either on focus mitts or strike shields at maximum power.

Roundhouse & Hook Kicks to the head may be substituted with crescent kicks as follows:

Lead Roundhouse becomes Lead Inside Crescent Kick  
Reverse Roundhouse becomes Reverse Inside Crescent Kick  
Lead Hook Kick becomes Lead Outside Crescent Kick  
Reverse Hook Kick becomes Reverse Outside Crescent Kick  
Spinning Hook Kick becomes Spinning Crescent Kick

## ***SPARRING***

All sparring is at the discretion of the Instructor and the power level (light or full contact) will be based on previous training and experience.

## ***INJURIES***

Any injuries or medical conditions must be reported to your Instructor prior to grading.

## ***GRADES***

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

**YELLOW (8<sup>th</sup> KYU)**

Jab to the head  
PASS.....

Lead jab to head & reverse round  
kick to the thigh.  
PASS.....

Reverse cross to head  
PASS.....

Lead push front kick, jab & cross  
PASS.....

Reverse hook to body  
PASS.....

GRADE PASSED.....

Jab, cross, cover, cover, reverse  
front kick  
PASS.....

DATE.....

Long knee  
PASS.....

Reverse parry & jab  
PASS.....

Lead push front kick  
PASS.....

Lead jab, reverse low round kick,  
lead hook punch  
PASS.....

Reverse thrust side kick to body  
PASS.....

Lead shin block, reverse front kick  
return to guard, jab, cross,  
uppercut & hook  
PASS.....

**ORANGE (7<sup>th</sup> KYU)**

Lead & reverse uppercut  
PASS.....

Spinning backfist  
PASS.....

Lead & reverse round elbow  
PASS.....

Lead front kick, reverse front kick,  
back away jump forward reverse  
cross.  
PASS.....

Lead parry & cross  
PASS.....

Lead jab & hook to head, reverse  
hook to body  
PASS.....

Reverse shin block, lead  
roundhouse and sidekick with same  
leg into back kick.  
PASS.....

Spinning back kick  
PASS.....

Jumping front kick  
PASS.....

Jab, cross, round elbow to head  
PASS.....

Jab, cross, hook into spinning back  
fist  
PASS.....

Jab, cross, rear roundhouse return  
to guard, lead front kick  
PASS.....

Parry, parry, lead front kick, turning  
roundhouse  
PASS.....

GRADE PASSED.....

DATE.....

**GREEN (6<sup>th</sup> KYU)**

Lead & reverse hook to body  
PASS.....

Jab & lead hook to head, reverse  
hook to body, uppercut to head  
PASS.....

Lead & reverse hook to body, double  
handed push off, jab & cross  
PASS.....

Jab & cross, lead & reverse round  
kick to body.  
PASS.....

Evade, evade, rear side kick into  
spin crescent kick.  
PASS.....

Holder swings with lead focus mitt –  
duck hook, duck hook, cross into  
spin back kick.  
PASS.....

Reverse foot sweep, lead hook  
PASS.....

Lead foot sweep, jab & cross,  
reverse front kick  
PASS.....

Rear elbow, lead elbow, spin elbow.  
PASS.....

Jump spinning back kick  
PASS.....

Skip lead thrust side kick  
PASS.....

Lead & reverse axe kick  
PASS.....

Full turning reverse round kick to  
head into spinning crescent kick  
PASS.....

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

GRADE PASSED.....

DATE.....

**BLUE (5<sup>th</sup> KYU)**

Double jab, reverse hook to body  
same hand upper cut, lead uppercut,  
reverse cross

PASS.....

Turning roundhouse into crescent  
kick land behind, lead front kick into  
jump forward reverse cross.

PASS.....

Cover, cover into clinch, spin and  
knee into double push, reverse front  
kick

PASS.....

Holder throws low round kick – shin  
block into inside thigh low round  
house, spin back elbow & back kick  
with opposite leg.

PASS.....

Lead & reverse outside crescent kick

PASS.....

Spin crescent kick & jump spin  
crescent kick

PASS.....

Double jab, reverse cross, spin  
hammerfist (with shin block), same  
leg outside shin block axe kick &  
side kick

PASS.....

Parry, parry, cover, cover, drop  
elbow to cover body hook into upper  
cut, cross, hook into spin back fist,  
reverse front kick land forward,  
roundhouse into spin crescent kick.

PASS.....

Revision 3 techniques from previous  
grades

PASS.....

PASS.....

PASS.....

GRADE PASSED.....

DATE.....

**PURPLE (4<sup>th</sup> KYU)**

Double jab, lead uppercut, reverse cross  
PASS.....

Lead push kick, double handed push off, jab & cross, reverse low round kick  
PASS.....

Round knee lead & reverse, grab side of neck and reverse knee  
PASS.....

Lead shoulder strike, reverse hook to body & head, reverse thrust side kick  
PASS.....

Reverse push front kick & step up side kick, spin back kick  
PASS.....

Lead round elbow, reverse cross, lead hook to body & head, spin back fist  
PASS.....

Reverse roundhouse kick to thigh, grab spin, machine gun knee (4 strikes), double handed push off, reverse front kick  
PASS.....

Lead push kick, spin hook kick, same hand jab & uppercut, reverse hook to the head  
PASS.....

Revision 4 techniques from previous grades  
PASS.....  
PASS.....  
PASS.....  
PASS.....

GRADE PASSED.....

DATE.....

**BROWN I (3<sup>rd</sup> KYU)**

Lead side kick, lead back elbow,  
jump spin back kick  
PASS.....

Lead and reverse skip round kick (6  
strikes per leg)  
PASS.....

Reverse heel thrust kick, spin back  
fist (with shin block)  
PASS.....

Reverse side kick to jaw same leg  
hook kick to jaw  
PASS.....

Wing chun to body, lead round kick  
to head  
PASS.....

Jump knee strike, lead & reverse  
uppercut  
PASS.....

Spinning hook kick x 2  
PASS.....

Over hand bowling punch  
PASS.....

Double spin back fist (with shin  
block)  
PASS.....

Jump forward reverse cross  
PASS.....

Forearm strike to shoulder, grab &  
round knee  
PASS.....

Palm strike to shoulder, reverse  
uppercut, grab spin machine gun  
knee (4 strikes) muay thai kneck  
throw  
PASS.....

Revision - any 5 techniques from  
previous grades  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....

GRADE PASSED.....

DATE.....



**BROWN II (2<sup>nd</sup> KYU)**

Jab, reverse hook, lead hook,  
reverse outside crescent kick  
PASS.....

Alternate round knee (4 strikes)  
PASS.....

Alternate spin back fist (with shin  
block)  
PASS.....

Hold pad uppercut elbow both hands  
PASS.....

Reverse turning round kick into  
spinning hook kick, then turning  
round kick with opposite leg  
PASS.....

Reverse push front kick to body,  
round kick to head, turning side kick  
to head  
PASS.....

Lead push kick, reverse push kick,  
round elbow both arms, double push  
off jump back kick  
PASS.....

Double jab & cross, jump forward  
knee  
PASS.....

Lead uppercut elbow into back  
elbow, reverse uppercut, lead hook,  
reverse cross  
PASS.....

Revision - any 6 techniques from  
previous grades  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....

GRADE PASSED.....

DATE.....

**BROWN III (1<sup>st</sup> KYU)**

Lead round elbow, reverse round elbow, uppercut punch into back elbow, spin elbow  
PASS.....

Alternate jumping down elbow both arms  
PASS.....

Jab, long knee, grab spin machine gun knee (6 strikes) muay thai neck throw  
PASS.....

Double jab, change stance double jab, change stance jab and cross  
PASS.....

Jab & uppercut same hand, down forearm elbow to bridge of nose  
PASS.....

Lead & reverse hook to body, lead & reverse hook to head (around the world)  
PASS.....

Pedal & jab, pedal & cross, pedal jab & cross  
PASS.....

Lead push kick & round kick to mid with same leg, reverse round kick to mid, jab, reverse hook to head, lead round elbow  
PASS.....

Student to make up own technique. Must include 6 strikes.  
PASS.....

Revision - any 7 techniques from previous grades

PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....  
PASS.....

GRADE PASSED.....

DATE.....

## **Dan Grades (Black belts)**

Black belt gradings are done in front of the CMAA National Black Belt grading panel.

### **1<sup>st</sup> Dan**

This will consist combinations selected at random from the syllabus and ring craft. All must be full contact power.

Sparring is at the discretion of the candidate's Instructor.

### **2<sup>nd</sup> Dan**

**(2 years from last grade)**

This will consist combinations selected at random from the syllabus and ring craft. All must be full contact power.

Sparring is at the discretion of the candidate's Instructor.

### **3<sup>rd</sup> Dan**

**(3 years from last grade)**

This will consist combinations selected at random from the syllabus and ring craft. All must be full contact power.

Sparring is at the discretion of the candidate's Instructor.

COBRA KICKBOXING GRADING SYLLABUS 2020