


GOYA-RA-RU MARTIAL ARTS
BUSHI GOYA-RA-RU ASSOCIATION



GRADING
SYLLABUS
(ADULTS)

2010

(THROUGH UNTIL END DECEMBER 2010)

Syllabus for the grading of Yellow Belt

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|----|--------------|---|
| 1) | KICKS | Front Kick
Freestyle Round Kick (from front leg) |
| 2) | BLOCKS | Closed Fist Head Block
Closed Fist Chest Block
Closed Fist Lower Body (Leg) Block |
| 3) | STRIKES | 'Karate punch'
Heel of Palm Strike
Boxing Jab and Cross |
| 4) | POSTURES | Front Stance
Horse Stance
Ready Position
Freestyle Fighting Stance |
| 5) | FOOTWORK | Stepping in front stance
V-Turn |
| 6) | COMBINATIONS | <p>A) 'Yellow belt' sequence</p> <ul style="list-style-type: none"> i) From ready position -Step back into front stance closed fist leg block ii) Reverse punch iii) Thrust Punch iv) Front kick and return to ready position <p>B) <i>Advancing</i> front kick sequence (3 kicks).</p> <p>C) <i>Standing</i> front kick sequence</p> <ul style="list-style-type: none"> i) Step back into front stance, ii) Front kick, take other leg back into front stance, iii) Front kick, take other leg back into front stance, iv) Front kick, step into ready position. <p>D) Punch to upper area, punch to middle area, punch to lower area.</p> |
| 7) | KATA | First Kata - <i>Passive only</i> |
| 8) | EQUIPMENT | Goya-Ra-Ru suit
Protective gloves for pad work
Groin guard for males |

Hand and leg techniques need only be performed passive and medium speed.

Syllabus for the grading of Orange Belt

- 1) All techniques for previous grade (Yellow Belt) to a higher standard
- 2) KICKS Classical Side Kick
 Classical Round Kick
- 3) BLOCKS Open handed classical blocks
- 4) FOOTWORK Moving in freestyle fighting stance
 Hop step
- 5) COMBINATIONS A) 'Orange belt sequence'
 - i) Step back into cat stance, open hand chest block
 - ii) Step into back stance, open hand leg block
 - iii) Step across into front stance, finger-tip strike
 - iv) Classical round kick and return to ready position
 B) *Advancing* front kick, side kick, round kick sequence
 - i) Front kick
 - ii) Side kick to the front
 - iii) Classical round kick
 C) *Standing* front kick, side kick, round kick sequence
 - i) Step back into front stance any hand position,
 - ii) Front kick, take other leg back into front stance, guard,
 - iii) Side kick to the front, other leg back into front stance, guard,
 - iv) Classical Round kick, step up into ready position.
 D) Head, Chest, Leg block sequence (open handed)
- 6) KATA First Kata – *fast and powerful*

All hand techniques to be performed passive and vigorous (fast and powerful).

Syllabus for the grading of

Blue Belt

- 1) All techniques for previous grades to a higher standard
- 2) KICKS Freestyle Side Kick (straight trajectory, flat of foot)
360 degree double crescent kick
- 3) STRIKES Back of Fist Strikes (Glancing/Hammer, Side, Downward, Spinning)
Elbow Strikes (Upper, Round, Forward, Back)
- 4) COMBINATIONS
 - A) 'Back-of-fist sequence'
 - i) Step back into square stance, downward back-fist strike (lead)
 - ii) Side back-fist (rear hand),
 - iii) Glancing/Hammer back fist (lead),
 - iv) Step up into ready position.

Following combinations as per Green Belt Syllabus to higher standard

 - B) *Advancing* 'front kick, side kick, back kick' sequence
 - C) *Standing* front kick, side kick, back kick sequence
 - D) *Muka-Bazi* sequence
- 5) KATA Third Kata
- 6) FREESTYLE An appreciation of competitive freestyle is desirable (gloves and shin pads needed for safety).
However, this will not be assessed in the grading.

Syllabus for the grading of Purple Belt

- 1) All techniques for previous grades to a *higher standard*
- 2) KICKS
 - Classical Reverse Round Kick
 - Freestyle Reverse Round Kick
- 3) EVASIONS
 - Slip, dip-out, roll
- 4) STRIKES
 - Boxing strikes (e.g. hook, upper cut), ridge hand strike.
- 5) COMBINATIONS
 - A) 'Back-of-fist sequence'
 - B) Advancing freestyle 'front kick, side kick, hook kick' sequence
 - i) Hop Step - front kick,
 - ii) Hop Step – freestyle Side kick,
 - iii) Hop step – freestyle Reverse round (hook) kick
 - C) Standing Kicking Sequence - Freestyle front, side, reverse round sequence
 - i) Step back long free-fighting posture, any hand position
 - ii) Slide step freestyle front kick, step back
 - iii) Slide step freestyle side kick, step back
 - iv) Slide step freestyle reverse round kick, ready position
 - D) Muka Bazi sequence
- 6) FREESTYLE
 - Competitive Freestyle
Typically five 1 minute bouts for the grading exam
 - Non-Competitive Freestyle
Typically five half minute sessions for the grading exam
- 7) EQUIPMENT
 - Shin pads and protective (closed finger) gloves for competitive freestyle.

Syllabus for the grading of
Brown Belt

- 1) All techniques for previous grades to a higher standard
- 2) SPINNING KICKS Spinning 'Straight Leg' Back Kick (Classical and Freestyle)
 Spinning Reverse Round Kick (Classical and Freestyle)
 Jumping Spinning Crescent Kick
- 3) COMBINATIONS A Spinning Elbow Sequence
 - i) Forward Elbow Strike (lead arm)
 - ii) Round Elbow Strike (rear arm)
 - iii) Spinning Elbow Strike
 - iv) Round Elbow Strike

B Advancing 'Front-kick, round-kick, spinning reverse round kick' sequence

 - i) Classical Front Kick advancing,
 - ii) Classical Round Kick,
 - iii) Classical Spinning Reverse Round Kick, step advance.

C Standing front-kick, round-kick, spinning reverse-round-kick sequence

 - i) Step back into front stance, any hand technique or position,
 - ii) Front Kick, Step back, guard,
 - iii) Classical Round Kick, position side-on,
 - iv) Spinning Reverse Round Kick, step up to ready position.

D Muka Bazi Sequence
- 4) FREESTYLE Shadow freestyle /display of random techniques
 Freestyle Responses:
 Own defences against,
 - i) Punch
 - ii) Head-lock
 - iii) Grab
 - iv) Any attack of the examiner's choosing.
- 5) KATA Fourth Kata
- 6) BREAKING Technique break – 1 inch pine board, *any* technique.

Syllabus for the grading of

Senior Brown Belt

- 1) All techniques for previous grades to a higher standard
- 2) KICKS
 - Jumping Front Kick
 - Jumping Side Kick
 - Flying Side Kick
- 3) COMBINATIONS
 - A Own 4 move classical combination
 - B Advancing 'Front-kick, round-kick, spinning reverse round kick' sequence
 - C Standing front-kick, round-kick, spinning reverse-round-kick sequence
 - D Own 3 move combat freestyle combination.
 - E Any combination of the examiner's choosing.
- 4) FREESTYLE Ability to referee competitive bouts
- 5) KATA Fifth Kata
- 6) POWER BREAKING Advanced technique and material chosen at the examiner's discretion (typically a house brick with an upper body strike, for male adults).
- 7) EQUIPMENT Set of sticks for use in Fifth Kata

Syllabus for the grading of First Degree Black Belt

Due to the nature of the physical examination, students are advised to work towards a relatively high fitness level in preparation for this grading.

The grading is taken on an individual basis. Candidates use their own initiative to devise a suitable schedule to effectively demonstrate all the requirements listed below.

- 1) BASIC TECHNIQUES Techniques for all previous grades to a high standard
- 2) COMBINATIONS All combinations for previous grades to a high standard
- 3) FREESTYLE
 - a) Shadow freestyle to a high standard
 - b) Candidates *may* be asked to take part in compromised freestyle with a partner
 - c) Candidates *may* be asked to take part in competitive bouts with opponents
- 4) KATA
 - a) Katas 1 though to 5 - Grading Standard
 - b) Kata 6 - Grading Standard (self interpretation)

In addition to the above techniques, candidates should have completed a short written assignment and have had experience in martial arts instructing. These requirements must be fulfilled prior to the main grading.

- 5) TEACHING *Experience of teaching*
 - a) *individuals*
 - b) *small groups*
 - c) *whole class*
- 6) WRITTEN WORK *A written assignment covering basic first aid, anatomy, physiology, exercise, fitness, health and safety. Assignment questions will be given to Senior Brown Belt graded students in advance of the main grading.*