



***GOYA-RA-RU  
MARTIAL ARTS***

***GRADING EXAM SYLLABUS  
(JUNIOR SYLLABUS)***

***2010***  
*THROUGH UNTIL DECEMBER 2010*

Syllabus for the grading of

## White with Yellow Stripe Belt

### White Belt with One Tag

- |    |          |  |
|----|----------|--|
| 1) | POSTURES | Horse Stance<br>Ready Position<br>Freestyle Fighting Stance<br>Front Stance  |
| 2) | BLOCKS   | Middle Parry<br>Lower Parry  |
| 3) | STRIKES  | Front Jab (with the lead hand)<br>Cross (with the rear hand, head height)<br>Freestyle Reverse Punch (similar to cross but towards the solar plexus) |

Students capable of successfully demonstrating the above are awarded their 1<sup>st</sup> TAG  
In addition, they should have attended a minimum of 4 lessons.

### White Belt with a Second Tag

- |    |                   |  |
|----|-------------------|--|
| 1) | LEG TECHNIQUES    | 4 stage Front Kick<br>4 stage Freestyle Round Kick<br>Forward Knee-Strike<br>Jumping Knee Strike |
| 2) | MOVING & STEPPING | Moving and stepping in fighting stance<br>Jump turns and leg changes                             |

Students capable of successfully demonstrating the above are awarded their 2<sup>nd</sup> TAG  
In addition, they should have attended no less than 8 lessons in total since starting training and show improvement in the requirements for the first tag.

### YELLOW-STRIPE BELT

- |    |  |  |
|----|--|--|
| 1) | COMBINATION<br>(yellow stripe combo)     | 1. Step back with a middle parry (any stance)<br>2. Freestyle Reverse Punch<br>3. Boxing jab<br>4. Step up into ready position   |
|    | COMBINATION<br>(knee strike combination) | 1. From ready position -Step back into front stance with a guard<br>2. Knee strike with rear leg, place foot down, take opposite leg back, guard<br>3. Knee strike with rear leg, place foot down, take opposite leg back, guard<br>4. Step up into ready position |

Students capable of successfully demonstrating the above are awarded their 'WHITE WITH YELLOW STRIPE' BELT  
In addition, they should have attended no less than 12 lessons in total since starting training and show an all round improvement in the techniques required for the previous tag tests. Techniques need only be performed relaxed and passive.

## Syllabus for the grading of Yellow Belt

In addition to the requirements for the Yellow Stripe Belt, the following techniques should be demonstrated:

### Yellow Stripe with 1st Tag

- |    |   |  |
|----|---|--|
| 1) | STRIKES                                       | Karate Punches (with rotation)<br>Heel of Palm Strike (lead and rear hand)   |
| 2) | LEG TECHNIQUES                                | Front Kick<br>Free-style Round Kick  |
| 3) | COMBINATION                                   | Advancing in front stance front kick sequence. (3 front kicks)   |
|    | COMBINATION<br>(standing front kick sequence) | 1. Step back into front stance,<br>2. Front kick, take other leg back into front stance, guard,<br>3. Front kick, take other leg back into front stance, guard,<br>4. Front kick, step up into ready position. |

### Yellow Stripe with 2<sup>nd</sup> Tag

- |    |                   |  |
|----|-------------------|--|
| 1) | BLOCKS            | Closed Fist Karate Head Block<br>Closed Fist Karate Chest Block<br>Closed Fist Karate Lower Body (Leg) Block |
| 2) | MOVING & STEPPING | Stepping in <i>front stance</i><br>V-Turn from <i>front stance</i>   |
| 3) | COMBINATION       | Punch to upper, middle, lower areas.   |

### YELLOW BELT

- |    |                                       |  |
|----|---------------------------------------|--|
| 1) | COMBINATION<br>(yellow belt sequence) | 1. From ready position -Step back into front stance closed fist leg block<br>2. Karate Reverse Punch<br>3. Karate Thrust Punch<br>4. Front kick and return to ready position |
| 2) | KATA                                  | First Kata - Passive only  |
| 3) | FREESTYLE                             | Controlled touch sparring  |

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

## Syllabus for the grading of Orange Belt

### Yellow with 1<sup>st</sup> Tag

- |    |             |  |
|----|-------------|--|
| 1) | POSTURES    | Cat Stance<br>Back Stance  |
| 2) | BLOCKS      | Open handed      Head Block<br>Chest Block<br>Lower Body (Leg) Block |
| 3) | STRIKES     | Finger tip strike  |
| 4) | COMBINATION | Open hand, Head, Chest and Leg blocking sequence                     |

### Yellow with 2<sup>nd</sup> Tag

- |    |                   |  |
|----|-------------------|--|
| 1) | KICKS             | Classical Side Kick<br>Classical Round Kick  |
| 2) | MOVING & STEPPING | Freestyle Hop step   |
| 3) | COMBINATION       | Advancing Front/side/round kick sequence<br>i) Front kick<br>ii) Side kick to the front<br>iii) Classical round kick |

### ORANGE BELT

- |    |   |   |
|----|---|---|
| 1) | All techniques for previous grades to a higher standard |   |
| 2) | COMBINATIONS:<br>Orange belt sequence                   | i) Step back into cat stance, open hand chest block<br>ii) Step into back stance, open hand leg block<br>iii) Step across into front stance, finger-tip strike<br>iv) Classical round kick and return to ready position             |
|    | Static front/side/round                                 | i) Step back into front stance,<br>ii) Front kick, take other leg back into front stance, guard,<br>iii) Side kick to the front, other leg back into front stance, guard,<br>iv) Classical Round kick, step up into ready position. |
| 3) | KATA  | First Kata – fast and powerful  |

## Syllabus for the grading of Green Belt

### Orange with 1<sup>st</sup> Tag

- 1) BASICS
- Double blocks (both hands)
  - Inside edge of hand strike
  - Outside edge of hand strike
  - Back Kick
  - Turning Back Kick

### Orange with 2<sup>nd</sup> Tag

- 1) COMBINATIONS
- Advancing
    - i) Front kick,
    - ii) Side kick,
    - iii) Turning back kick.
  - Standing front, side, back kick sequence
    - i) From ready position, step forward into ½ stance,
    - ii) Front kick, position the body in preparation for a side kick.
    - iii) Side kick – from the front leg, turn in preparation for back kick,
    - iv) Back kick, about turn to face the front.
  - Muka-Bazi sequence

### GREEN BELT

- 1) All techniques for previous grades to a higher standard
- 2) KATA Second Kata – Passive and Grading Standard

## Syllabus for the grading of Blue Belt

### Green with 1<sup>st</sup> Tag

- |    |          |  |
|----|----------|--|
| 1) | POSTURES | Square Stance  |
| 2) | KICKS    | Freestyle Side Kick (straight trajectory, flat of foot)<br>Crescent Kick 360 degree Sequence |
| 3) | STEPPING | Stepping in square stance  |

### Green with 2<sup>nd</sup> Tag

- |    |             |  |
|----|-------------|--|
| 1) | STRIKES     | Back of Fist Strikes (Glancing/Inside Hammer-Fist, Side, Downward, Spinning)<br>Elbow Strikes (Upper, Round, Forward, Back)                              |
| 2) | COMBINATION | i) Step back into square stance, downward back-fist strike<br>ii) Side back-fist,<br>iii) Glancing/Hammer back-fist,<br>iv) Step up into ready position. |

### BLUE BELT

- |    |   |   |
|----|---|---|
| 1) | All techniques for previous grades to a high standard |   |
| 2) | KATA  | Third Kata - passive and grading standard |

The Goya-Ra-Ru Blue-Belt is considered a SENIOR GRADE for both adults and juniors and represents a significant achievement. Junior class students capable of attaining this grade are considered to have at least an equal overall ability to any adult of this grade (the requirements and challenges of which are the same). As a result, *all* students having achieved blue belt and above, may attend any adult's class, dedicated senior session, course or seminar regardless of their age.

## Syllabus for the grading of Purple Belt

### Blue with 1st Tag

- |    |          |  |
|----|----------|--|
| 1) | KICKS    | Classical Reverse Round Kick<br>Freestyle Reverse Round Kick |
| 2) | EVASIONS | Slip, dip-out, roll  |
| 3) | STRIKES  | Boxing strikes (e.g. hook, upper cut), ridge hand strike.    |

### Blue with 2nd Tag

- |    |              |  |
|----|--------------|--|
| 1) | COMBINATIONS | Advancing freestyle 'front kick, side kick, hook kick' sequence<br>i) Hop Step - front kick,<br>ii) Hop Step – freestyle Side kick,<br>iii) Hop step – freestyle Reverse round (hook) kick<br>Standing Kicking Sequence - Freestyle front, side, reverse round sequence<br>i) Step back long free-fighting posture, any hand position<br>ii) Slide step freestyle front kick, step back<br>iii) Slide step freestyle side kick, step back<br>iv) Slide step freestyle reverse round kick, ready position |
|----|--------------|--|

### PURPLE BELT

- |    |   |  |
|----|---|--|
| 1) | All techniques for previous grades to a high standard |  |
| 2) | FREESTYLE   | Competitive Freestyle<br>Typically five 1 minute bouts for the grading exam<br>Non-Competitive Freestyle<br>Typically five half minute sessions for the grading exam |
| 3) | EQUIPMENT   | Shin pads and protective (closed finger) gloves for competitive freestyle.   |



## Syllabus for the grading of **Brown Belt**

### **Brown with 1st Tag**

- 1) SPINNING KICKS      Spinning 'Straight Leg' Back Kick (Classical and Freestyle)  
Spinning Reverse Round Kick (Classical and Freestyle)  
Jumping Spinning Crescent Kick

### **Brown with 2nd Tag**

- 1) COMBINATIONS      Spinning Elbow Sequence
- i) Forward Elbow Strike (lead arm)
  - ii) Round Elbow Strike (rear arm)
  - iii) Spinning Elbow Strike
  - iv) Round Elbow Strike
- 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.
- 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.

### **BROWN BELT**

- 1) All techniques for previous grades to a higher standard
- 2) 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.
- 3) KATA      Fourth Kata



## 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**        Own 4 move classical combination  
  
  Any combination of the examiner's choosing.
- 4) **FREESTYLE**                Ability to referee competitive bouts
- 5) **KATA**                        Fifth Kata
- 6) **EQUIPMENT**              Set of sticks for use in Fifth Kata

## Syllabus for the grading of Black Belt

- 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)
- 5) **TEACHING**                Experience of teaching
- 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.