

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle



SYLLABUS

BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle

White (with Yellow Stripe)

Freestyle Bow In

Fighting Stance

Guard Position

Jab Punch

Cross Punch

Slip

Front Kick (Thrust)

Front Kick (Snap)

黒足武道



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MARTIAL ARTS ACADEMY

Freestyle

Yellow

Any basic move requested from the previous syllabus , plus:

Parry

Roll

Hook Punch

Lunge Punch

Rising Elbow Strike

Round Elbow Strike

Round Kick

Self Defence Drills

Swinging Arm to the Head

黒足武道



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MARTIAL ARTS ACADEMY

Freestyle

Orange

Any basic move requested from the previous syllabus , plus:

Cat Stance

Jump Change Stance

Upper Block

Low Block

Shovel Punch

Uppercut Punch

Down Elbow Strike

Hooking kick

Side Kick (Thrust)

Side Kick (Snap)

Self Defence Drills

Wrist Grabs (Single and Double)

Board Breaking

Yellow

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MARTIAL ARTS ACADEMY

Freestyle

Green

Any basic move requested from the previous syllabus , plus:

Cover

Side Backfist Strike

Hammerfist

Outer Forearm Block

Back Kick

Slide Front Kick

Slide Round Kick

Slide Side Kick

Self Defence Drills

Lapel Grabs (Single and Double)

Board Breaking

Yellow

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Blue

Any basic move requested from the previous syllabus , plus:

Palm Strike

Spinning Backfist

Spinning Elbow

X Block

Crescent Kick

Jumping Front Kick

Axe Kick

Spinning Round Kick

Self Defence Drills

Bear Hugs (Front and Rear)

Board Breaking

Yellow

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Purple

Any basic move requested from the previous syllabus , plus:

Ridge Hand Strike

Knife Hand Strike

Front Knee Strike

Round Knee Strike

Spinning Side Kick

Spinning Hook Kick

Jumping Side Kick

Self Defence Drills

Hair and Ear Grabs

Board Breaking

Orange

Sparring

Sparring will be assessed

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MARTIAL ARTS ACADEMY

Freestyle

Grey

Any basic move requested from the previous syllabus , plus:

Foot Sweep

Spinning Back Kick

Jumping Knee Strike

Jumping Crescent Kick

Self Defence Drills

Headlock

Board Breaking

Orange

Sparring

Sparring will be assessed

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BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle

Brown

Any basic move requested from the previous syllabus , plus:

Flying Side Kick

Tornado Kick

Takedowns

Board Breaking

Orange

Sparring

Sparring will be assessed

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BLACK PAW 黒足武道

MARTIAL ARTS ACADEMY

Freestyle

Brown (with Black Stripe)

Any basic move requested from the previous syllabus

Groundwork

Board Breaking

Green

Sparring

Sparring will be assessed

黒足武道



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