



HKA - Belt order and colours explained

- 1ST Grade - Red Belt
- 2ND Grade - Yellow Belt
- 3RD Grade - Orange Belt
- 4TH Grade - Green Belt
- 5th Grade - Purple Belt
- 6th Grade - Blue Belt
- 7th Grade - Brown Belt
- 8th Grade - Dan Black
- 9th Grade - 1st Dan Black Belt
- 10th Grade - 2nd Dan Black Belt
- 11th - 3rd Dan Black Belt

In between Yellow to Brown grades there is a White Stripe workshop to attend to help students prepare ready for the next grading, Yellow/White up to Brown/White Stripes

Students can attempt gradings having achieved a minimum 65% class attendance and having satisfied the following time criteria:

- Red to Blue Belt - Minimum 4 months between gradings
- Blue to Brown Belt - Minimum 6 months between gradings
- Brown to Black Belt - Minimum 1 year between gradings
- Black Belt to 1st Dan - Minimum 1 year between gradings
- 1st Dan to 2nd Dan - Minimum of 2 years between gradings
- 2nd Dan to 3rd Dan - Minimum of 3 years between gradings
- 3rd Dan to 4th Dan - Minimum of 3 years between gradings

Junior Black Belts

All members under the age of 16 will be allowed to grade for "Junior Black Belt" and will have to take their senior grading from the age of 16 upwards

HKA GRADING SYLLABUS

(Revised March 2025)

Red Belt 1st Grading

Stance Work

- Left Stance
- Right Stance

Arm Techniques

- Jab
- Cross
- Hook
- Upper cut

Leg Techniques

- Front Kick (Snap Kick)
- Rear Leg Round House Kick

Defence Work (Illustrated with a partner)

- Parry (Both arms)
- Slip - Slip

Pad Work Combinations

- Jab, Cross, Hook, Upper cut
- Jab, Cross, Slip/Slip, Hook, Cross
- Left Front Kick, Jab, Cross, Rear Leg Round House

Workout Drills

- Punch and Kicking drills 3 x 45 second rounds with 30 seconds rest

Fitness Test

- 20 Push-Ups
- 20 Sit-Ups
- 20 Burpees

Yellow Belt 2nd Grading

Assessment begins with covering the Red Belt syllabus techniques.

Stance Work

- Moving Forward and Backwards

Arm Techniques

- Double Jab
- Back Fist

Leg Techniques

- Side Kick
- Front Push Kick
- Low Point Round House Kick (Thai Kick to thigh) Inside & Outside
- Forward Knee
- Foot Sweep (Tap)

Defence work (illustrated with a partner)

- Basic Side Step Evasion (Ghost)
 - Knee Block
 - Leg Check

Sparring

- Controlled one step sparring illustrating offensive and defensive named techniques

Pad Work Combinations

- Back Fist, Right Uppercut, Left Hook, Right Cross, Knee
- Leg Check or Knee Block, Right Cross, Long Left Hook, Side Kick
 - Double Jab, Ghost, Cross, Thigh Kick, Sweep

Workout Drills

- Punch and Kicking drills 3 x 1 minute rounds with 30 seconds rest

Fitness test

- 25 Push Ups
- 25 Sit Ups
- 25 Burpees

- **Student must complete a HKA Yellow Pad Course Assessment (Level 1 - Yellow/White stripe)
*Before moving up and grading for their next belt.***

Orange Belt 3rd Grading

Assessment begins with covering Red & Yellow Belt syllabus techniques

Stance Work

- Ability to move forward, backwards, left and right
 - Ability to switch stance
 - Ability to jab whilst moving

Arm Techniques

- Dropping body shots (3 variations) Jab – Cross – Liver Shots
 - Screw shots - Jab / Cross

Leg Techniques

- Side Knee
- Teep (Front Kick to Face)
 - Hook Kick (Both legs)
 - Axe Kick (Both legs)
- Switch Left Round House

Defence (Illustrated with a partner)

- Rolling Evasion
- Basic Clinch & Knee
 - Elbow Blocks

Pad Work Combinations (with partners)

- Jab, Screw Cross, Left Hook, Cross, Knee
- Jab, Cross, Rolling Evade, Cross, Hook, Clinch Side Knee
- Jab, Push Kick or Teep, Axe Kick, Hook Kick
 - Screw Jab, Cross, Switch left round

Sparring

- 1 & 2 Step sparring against named attacks, Illustrating basic offensive and defensive skills.
- Counter Sparring, Illustrating the ability to deliver a named counter attack against a named attack.

Workout Drills

- Punch and Kicking drills 4 x 1 minute rounds with 30 seconds rest

Fitness test

- 30 Push-Ups • 30 Sit-Ups • 30 Burpees

• **Student must complete a HKA Orange Grade Sparring Assessment (Level 1 – Earning Orange/White stripe) *Before moving up and grading for their next belt.***

Green Belt 4th Grading4

Assessment begins with covering Red - Orange Belt syllabus techniques Stance

Stance Work

- Ability to move in all directions
- Throwing basic named combinations whilst moving

Arm Techniques

- Slipping Jab
- Turning Back Fist
- Over Arm Cross

Leg Techniques

- Scissor Front Kick
- Straight Leg Spinning Round House Kick
- Spinning Hook Kick
- Turning Back Kick

Defence

- Catch Round House & Single Strike
- Lower Elbow Blocks
- Pressing Block

Pad Work Combinations (with partners)

- Slipping Jab, Cross, Spinning Hook Kick
- Scissor Front Kick, Jab, Cross, Straight Leg Spinning Round House Kick
- Double Jab, Cross, Hook, Turning Back Kick

Sparring

- Continuous light sparring for 3 x 1.5 minute rounds.

Pad Work Combinations

- 3 x 1.5 Minute rounds of a mixture of combinations taken from previous grades.

Workout Drills

- Punch and Kicking drills 3 x 1.5 minute rounds with 30 seconds rest

Fitness test

- 35 Push-Ups
- 35 Sit-Ups
- 35 Burpees

- **Student must complete a HKA Green Grade Sparring Assessment (Level 2 - Earning Green/White stripe) Before moving up and grading for their next belt.**

Purple Belt 5th Grading

Assessment begins with covering Red - Green Belt techniques.

Stance Work

- Shadow Boxing, illustrating ability to move and turn in all directions whilst delivering punches and kicks.

Arm Techniques

- Stepping Cross
 - Sliding Cross
- Jumping Cross (superman)
- Spinning Back Fist

Leg Techniques (Performed onto pads)

- Crescent Kick
 - Sickle Kick
- Calf Kick (Inside & Out)
- Spinning Side Kick to Body

Defence (Illustrated with a partner)

- Long Guard (Thai Guard)
- Double Forearm Block
 - Palm Push

Pad Work Combinations (with partners)

- Jab, Stepping Cross x 2, Superman
- Sickle Kick, Jab, Sliding Cross, Crescent Kick
- Calf Kick, Jab, Cross, Step and Hook, Spinning Back Fist
 - Jab, Cross, Hook, Spinning Side Kick

Sparring

- 4 x 1.5 Minute rounds of semi contact sparring

Workout Drills

- Punch and Kicking drills 4 x 1.5 minute rounds with 30 seconds rest
 - 45 Push-Ups
 - 45 Sit-Ups
 - 45 Burpees

• **Student must complete a HKA Purple Grade Coaching Assessment (Level 1 - Earning Purple/White stripe) *Before moving up and grading for their next belt.***

Blue Belt 6th Grading

Assessment begins with covering Red - Purple Belt techniques

Stance Work

- 2 Rounds of advanced shadow sparring

Arm Techniques

- Elbow strikes - 1. Upward 2. Hooking 3. Over the top
 - Power Drill – (Big Cross, Holding Jab, Cross)
 - Pillar Drill – (Left, Right, Left, Up, Round house)

Leg Techniques

- Curving Front Kick (Question mark Kick)
 - Jumping Front Kick
- Jumping Spinning Round House Kick (Tornado Kick)

Defence

- Advanced Clinch Work
- Overwhelming defence

Pad Work Combinations (with partners)

- Double Jab, Cross, Jumping Front Kick
- Push Kick, Question Mark Kick, Long Hook, Cross
- Long Left Hook, Thai Kick, Tornado Kick

Sparring

- 4 x 2 Minute rounds of semi contact sparring

Workout Drills

- Punch and Kicking drills 4 x 2 minute rounds with 30 seconds rest

Fitness test

- 50 Push-Ups
- 50 Sit-Ups
- 50 Burpees

Complete and pass

- Level 1 Coaches course

• **Student must complete a HKA Blue Grade Coaching Assessment (Full lesson) (Level 2 - Earning Blue/White stripe) Before moving up and grading for their next belt.**

Brown Belt 7th Grading

Assessment begins with covering Red - Blue Belt techniques.

Arm Techniques

- Open Palm Strike
- Spinning Elbow
- Curving Cross
- Hammer Fist

Leg Techniques

- Jumping Round House Kick
- Spinning Side Kick to head
- Scissor Axe Kick

Pad Work Combinations (with partners)

- Jab, Hook, Cross, Jumping Round House Kick
- (Power) Cross, Pushing Jab, Cross, Spinning Side Kick to Head
- Jab, Upper Cut, Hook, Scissor Axe Kick

Sparring

- 5 x 2 Minute rounds of semi contact sparring
- 2 x 1 Minute rounds coaching a novice on the basics of sparring.
- Defence against multiple attackers using both Grappling and striking techniques

Fitness test

- 60 Push-ups
- 60 Sit-ups
- 60 Burpees

Complete and pass

- Level 1 and 2 Padding
 - Sparring and Coaches courses (or CTA)
 - Proof of coaching (see syllabus book)
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- **The student must complete a Lesson Plan**
 - ***Taught 5 classes on Instructors request (selected and observed senior Instructor)***
 - ***Student must complete a HKA Brown Grade Sparring Instructors Assessment (Level 2 - Earning Brown/White stripe) Before moving up and grading for their next belt.***

HKA Black Belt 8th Grading

Assessment begins with covering Red - Brown Belt techniques.

Arm Techniques

- Sign out "Moving Triple Jab"
- Lead Hand Upper Cut/Hook Roll
- Rear Hand Uppercut Cross Roll

Leg Techniques

- Jumping Turning Back Kick
- Jumping Spinning Side Kick
 - Jumping Scissor Knee

Pad Work Combinations (with partners)

- Double Jab, Cross, Jumping Back Kick
- Cross, Hook, Jumping Spinning Side Kick
- Jab, Cross, Hook, Cross, Jumping Scissor Knee

Fitness test (run)

- 5k run completed in under 40mins. (Route picked by Instructor) Complete and pass
 - 1 Years assistant coaching under the supervision of an HKA Black Belt
 - Assessment of coaching skills to a group of novice Kickboxers.
 - Assessment of advanced coaching skills.
 - Ability to illustrate pressure point manipulation of at least 3 separate areas.
 - Any given drill assigned by the instructor on the day
 - 5 x 2 minute rounds of pad work (combinations provided on the day)
 - 10 x 2 minute rounds of sparring (Mixed sparring)

Fitness test

- 70 push-ups
- 70 Sit-ups
- 70 Burpees

Complete and pass

- Complete a written essay on the importance of martial arts and becoming a black belt means to them.
- Emergency First aid at work trained
- Level 3 Coaches course – CTA
- Be a positive active member of the HKA team, coaching, cornering, fight training
- DBS checked; Coaches are expected to be safe to work with other members within the last year prior to grading.
- Completed the full Black Belt Examination (physical test)
- Completed student evaluation form (Instructors notes and assessments)

- All this MUST be signed off by the lead instructor before grading is started

Black Belt 1st Dan 9th Grading

Arm Techniques

- Spinning Elbow
- Ghosting Long Hook (Head & Body)
- Ghosting Upper Cut

Leg Techniques

- Jumping Knee
- Jumping Spinning Hook Kick
- Side Kick – Spinning Side Kick

Defence

- Long Range Ghost – Active Counter
- Front Kick Catch – Release, Active Counter

Pad Work Combinations (with partners)

- Ghosting Uppercut, Hook, Spinning Elbow
- Jab, Ghosting Hook, Lead Side Kick, Spinning Side Kick
- Jumping Knee,, Double Jab, Jumping Spinning Hook Kick

Fitness test (run)

- 6k run completed in under 35mins. (Route picked by Instructor) Complete and pass
- 1 Years assistant coaching under the supervision of an HKA Black Belt

Sparring & Pads

- 5 x 2 minute rounds of pad work – Padding students at a high level
- 5 x 2 minute rounds of sparring (Semi contact) with students at a high level
- 5 x 2 minute rounds of sparring (Full contact) with students at a high level

Fitness test

- 75 push-ups
- 75 Sit-ups
- 75 Burpees

• Complete and pass

- Compete in a minimum of 3 light contact bouts
- Complete minimum 1 full contact bout
- Complete a written essay your growth, personal development on becoming a 1st dan.
- Complete 1 years of Coaching / Instructing
- Help assist, run and mark on HKA gradings
- Completed the HKA ITA program
- Referee course & Cornerman's course
- Prequal in at least 1 grading within this year
- Completed student evaluation form (Instructors notes and assessments)

- All this MUST be signed off by the lead instructor before grading is start

Black Belt 2nd Dan 10th Grading

Arm Techniques

- Extended Superman punch (long range)
 - Right Hand Dummy Left Body

Leg Techniques

- Double Jumping Front Kick
 - Flying Front Knee
- Spinning Round House

Defence

- Leg Catch and Sweep
- Clinch to lower Head and Knee
- Corkscrew Escape from leg hold

Pad Work Combinations (with partners)

- Left hook, Right Round House, Flying Knee
- Jab, Cross, Double Jumping Front Kick, Thai Kick
- Spinning Round House, Cross Hook, Round Hou

Fitness test

- 5 x 2 minute rounds of pad work (combinations provided on the day)
- 10 x 2 minute rounds of sparring – Shark Tank (Fresh opponents Full contact)
 - 80 Push-ups
 - 80 Sit-ups
 - 80 Burpees

Student must have 2 years minimum regular training since achieving 1st Degree

- Been actively coaching with HKA after their 1st Dan grade.
- Be a positive active member of the HKA team, Coaching, Cornering, Fight training
- And or working with HKA in conjunction with Satellite Academies
- Enhanced DBS and safe to work with other members within the last year
- Completed the full 2nd Dan Black Belt Examination (physical test)
- Completed student evaluation form (Instructors notes and assessments)
- All this MUST be signed off by the lead instructor before grading is started

Black Belt 3rd Dan 11th Grading

Arm Techniques

- Front hand Spinning Back Fist
- Lead hand Superman (Jab)
- Jumping Spinning backfist

Leg Techniques

- Jumping Spinning Axe Kick
- Faint Tornado into Spinning Hook Kick (720)
- Double Jumping Spinning Side Kick

Defence

- Full sweep, Take down, or throw
- Working out of a heavy clinch
- Multiple attackers sparring defence work

Pad Work Combinations (with partners)

- Jab, hook, Front hand Spinning Back Fist
- Push Kick, Lead hand Superman, Jumping Spinning Back Fist
 - Jab, Cross, Hook, Cross, 720
- 5 x 3 minute rounds of pad work (combinations provided on the day)
- 10 x 2 minute rounds of sparring – Shark Tank, Multiple fighters (Full contact)

Fitness test

- 85 Push-ups
- 85 Sit-ups
- 85 Burpees

Student must have 3 years minimum regular training since achieving 2nd Dan

- Been actively coaching with HKA after their 2nd Dan grade.
- Be a positive active member of the HKA team, Coaching, Cornering, Fight training
- And or working with HKA in conjunction with Satellite Academies
- Enhanced DBS and safe to work with other members within the last year
- Completed the full 2nd Dan Black Belt Examination (physical test)
- Completed student evaluation form (Instructors notes and assessments)
- All this MUST be signed off by the lead instructor before grading is started

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