

Fluid Adaption Martial Arts – **KARATE** – Grading Requirements

Yellow Belt:

Move

- 3 Min Warm Up
- 10 x Push Ups, Sit Ups, Squat
- Leg Stretch

Target

- Stances: Fighting
- Punches: Standard Karate Punch, Jab, Cross, Rip
- Kicks: Front

Adapt

- Routines: Strike, SADA Basic

Orange Belt:

Move

- 3 Min Warm Up
- 15 x Push Ups, Sit Ups, Squat
- Leg stretch

Target

- Receive: Upper, Centre In, Centre Out, Lower
- Footwork: Lunge, Step Though, Half Shuffle, Switch
- Punches: Upper Cut, Hook, Hammer Fist
- Kicks: Round House
- 1 Min Attacking Stationary Opponent (Hands Only)

Adapt

- Routines: Strike, Receive, SADA Random (in place)
- 3 x 1 Minute Rounds Free Fighting

Blue Belt:

Move

- 3 Min Warm Up
- 30 x Push Ups, Sit Ups, Squat
- Leg stretch

Target

- Kicks: Side, Back
- Checks: Leg, Side
- 1 min Attacking Stationary Opponent (Legs Only)

Adapt

- Routines: Strike, Receive, Basic Punch-Kick, SADA Random (moving)
- 3 x 1 Minute Rounds Free Fighting

Green Belt:

Move

- 3 Min Warm Up
- 50 x Push Ups, Sit Ups, Squat
- Leg Stretch

Target

- Kicks: Crescent, Hook, Double Round
- 1 Min Combat Flow
- 1 Min Attacking Stationary Opponent

Adapt

- Routines: Strike, Receive, Basic Punch-Kick, Advanced Punch-Kick, SADA Flow
- Self Defence: Standard Strike – Receive – Counter Strike
- 5 x 1 Minute Rounds Free Fighting

Brown Belt ^

Move

- 3 min warm up

Target

- Weapon basics – Demo of 8 Techniques, Each 3 X Slowly, 1 X Fast
- Combat Flow - Weapon

Adapt

- Form: Weapon
- Self Defence: Standard Weapon Vs Weapon x 3 Strike – Receive – Counter

Black Belt*

Move

- 3 Min Warm Up
- 100 x Push Ups, Sit Ups, Squats
- Leg Stretch

Target

- Kicks: Spin, Jump, Groin
- Strikes: Knife, Palm, Elbow
- 1 min Combat Flow
- 1 min Attacking a Stationary Opponent

Adapt

- Routines: Strike, Receive, Basic Punch-Kick, Advanced Punch-Kick, Personal, SADA Flow
- Form: Iron Horse
- Self Defence: Free Response to Standard Strikes, escape from Front & Rear Grabs
- 10 x 1 Minute Rounds Free Fighting

Note:

* Students Encouraged to Join the Fluid Adaption Martial Art Fight Training Group.

^ Brown Belts Encouraged to undertake SADA training

@ Black Belts Encouraged to undertake Combat Training.

Notes:

Description of SADA drills:

- SADA Basic – this is the pattern form
- SADA Random (in place) – this is the students own free style version of the SADA pattern,
- SADA Random (moving) – Freestyle version of the SADA pattern incorporating movement
- SADA Flow – Freestyle SADA moving incorporating students own counter responses.