



IN MARTIAL ARTS

MATRIX MARTIAL ARTS SYLLABUS - STRIKING SECTION

	Striking combinations	Achieved/Notes:
Red Belt		
1.	Jab, back fist, reverse punch.	
2.	Jab, rear front kick, cross, lead front kick (<i>teep</i>).	
3.	Jab (<i>to the body</i>), cross, jab, reverse punch.	
4.	Lead elbow, rear knee.	
Yellow Belt		
1.	Jab, cross, lead roundhouse kick, reverse punch.	
2.	Jab, rear uppercut, lead hook, cross.	
3.	Rear elbow, switch knee, stomp kick.	
4.	Jab, cross, lead hook, rear roundhouse kick.	
5.	Lead leg side kick, back leg side kick.	
Green Belt		
1.	Jab, cross, lead hook, rear uppercut, lead uppercut, overhand, lead body hook, rear body hook (" Basic 8 ").	
2.	Lead leg outside axe kick, front kick, scissor kick, reverse punch.	
3.	Backfist, lead side kick, reverse punch, rolling ridge hand, lead roundhouse kick.	

4.	Rear dagger elbow, lead knee, rear scissor knee, rising elbow, jump knee.	
5.	Lead switch roundhouse kick, cross, hook, rear roundhouse kick.	
6.	Spinning back kick, turning back kick.	
1st Blue Belt		
1.	Jab, jab, cross, Mexican uppercut, superman punch.	
2.	Lead inside foot sweep, lead outside axe kick, rear foot sweep, rear outside axe kick.	
3.	Jab, cross, lead round kick, knee, elbow.	
4.	Hook kick, reverse rear roundhouse kick.	
5.	Rising block shield, inside, outside, downward with punch in between block.	
2nd Blue Belt		
1.	Lead leg double hook kick into round house kick into stepping punch turning hook kick.	
2.	Question mark kick.	
3.	Jab, cross, cross, hook, hook cross, (shuffle), spin back fist.	
4.	Elbow feast.	
Purple Belt		
1.	Basic 8 forward +backwards	
2.	Spinning hook kick, jumping round house kick.	
3.	Double jab, reverse punch, hook, turning hook kick.	
4.	Lead front kick, cross, hook, rear double roundhouse kick.	
1st Brown Belt		
1.	Jab, cross, foot sweep, reverse punch.	
2.	Lead double kick, reverse punch, ridge hand, lead side kick.	
3.	Lead front kick, cross, hook, rear roundhouse kick, spin hook kick.	
4.	Backfist, double kick (side kick, roundhouse kick), cross, hook, turn hook kick.	

5.	Lead front kick, lead outside axe kick, reverse punch, ridge hand, turning hook kick.	
2nd Brown Belt		
1.	Switch lead roundhouse kick, cross hook, body cross, turning hook kick, jump turning hook kick, reverse punch.	
2.	Jab, cross, chop, cross, knife hand reverse punch, ridge hand, rear side kick.	
3.	Jab, cross, hook, spinning round house/tornado kick, reverse punch.	
4.	Jab, cross, knife hand, double kick (side kick, hook kick), reverse punch.	
5.	Variety of punches to kicks while changing stance.	
3rd Brown Belt and Black		
1.	Demonstrate ability to warm up the class appropriately.	
2.	All previous techniques will be assessed with the 3 rd brown and black belt gradings.	