



## Black Grading

### **First degree (instructor)**

Grade 7 - 8 months between – 36 months total

3 x 2.5 minutes of skipping – last 20 seconds of each round to be a sprint

3 minute warm up

100 x Push ups

100 x Sit ups

### **Padwork:**

3 x 2.5 minute rounds (3 x Focus Pads, 3 x Thai pads and 3 x Kickshield) with 30 second breaks and 1 minute rest between each pad type

Focus on both fitness and technique

3 x 2.5 minute rounds of Shadow Sparring

5 x 2.5 minute rounds of Sparring (1 minute rest between sparring rounds)