

Gemina Sports

Kickboxing Grading Booklet

Name: _____

Date of Issue: _____

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General Information

- Ninjas- Certificate
- Commandos to Adults – Badges with stripes

Rank Order/identification:

White → yellow → green → blue → purple → orange → red → grey → black

4 x gradings a year = 3 small white badges then a colour badge (to be achieved over eight years)¹

Rules:

1. To be able to grade your name must be put on the board by your coach. Please note this can also be removed at the discretion of the coaching team. Grading is earned not a given
2. You must show up to grading in your uniform
3. You must have your full gear² with you to be able to complete your grading
4. You must bring this Booklet to all Gradings
5. You must attend a minimum of 10 classes between the four-month period

Additional Information:

1. Passing is not guaranteed just because you attended Grading
2. Behaviour on and off the mat also plays a part

Dates and Locations: (2020) ³

1. March 14th Saturday (Port Kennedy)
2. June 13th Saturday (Kelmescott)
3. September 12th Saturday (Port Kennedy)
4. December 12th Saturday (Kelmescott)

Note:

- Loss of Kickboxing Booklet will incur a cost for an additional booklet. **Students cannot grade without a booklet.**
- Badges are to be sewn on the side of your Gemina Kickboxing shorts.

¹ This is only a guideline; how fast or slow a student moves through the ranks is up to the instructor's discretion

² Full gear includes wraps, mouthguard, gloves and shin guards

³ On day of grading the gym will be shut and classes cancelled. Parents will be warned that it could take all day and they need to be patient and silent

Grading Specification ⁴

1. FITNESS (F)

Running – timed and distance

Push Ups- correct technique and number of reps e.g. lift hips off ground, starts on legs, doesn't rest

Sit Ups – done unaided, correct number of reps, doesn't stop

Skipping – done without stopping or assistance

2. PARTNER WORK / DRILLS (DR)^{5 6}

Students will be assessed on their ability to work with their partner and have correct technique e.g. thumbs on outside of fist, correct leg in front.

Drill One: Boxing Drill #1 – box stepping. Partner A is the leader while Partner B is the follower. The follower must match/follow the footwork of the leader (e.g. respond correctly) and stay within striking range.

Drill Two: Boxing Drill #2 – trade. Students will square off against each other, Partner A attacks and Partner B defends. Then switch. The students must perform this drill until the instructor(s) is satisfied.

Drill Three: Boxing Drill #3 – putting them on the ropes. Students will partner off; Partner A will use their footwork to manoeuvre their Partner B up against the rope/wall and use their footwork movements to keep them there. Partner B will try to escape/circle out.

Drill Four: Pummelling Drill #1– Partner A must be able to come into the grapple correctly, be able to pummel for an enough time and intensity and then disengage with an enough strike.

Drill Five: Pummelling Drill #2 – Partner A must be able to come into the grapple correctly, be able to pummel for an enough time and intensity and then perform a sweep. This will be repeated x amount of times depending on rank.

Drill Six: Pummelling Drill #3 – Zombie defence drill. Partner A will continuously try and get the clinch VIA closing the distance. The focus is on Partner B being successful enough to not getting caught using basic strikes and footwork.

Drill Seven: Pummelling Drill #4- Lock. Starting off in the clinch, Partner A will try use the lock and throwing knees to get a double under or head and arm position on Partner B.

Drill Eight: Kicking Drill #1 – kicking attacks. Partner A will work the way up the body with a variety of kicks ranging in height (low, body and head) while maintaining balance and footwork.

Drill Nine: Kicking Drill #2 – defence. Partner A will throw a random kick towards Partner B. The focus will be on Partner B and their ability to either sweep, check or catch the kick correctly.

Drill Ten: Kicking Drill #3 – counter attacks. Partner A will throw a series of strikes towards Partner B. Partner B must successful evade the punches and counter with combos and low kicks.

⁴ Student needs to pass all three stages to be awarded stripe or badge

⁵ With each drill, BOTH partners will get a go being Partner A and B.

⁶ Drills will be filmed and available to watch on our website www.geminasports.com

Drill Eleven: Kicking Down #4 – freestyle. Students will demonstrate their depth of their kicking knowledge by creating their own kicking flow, minimum of 3 different kicks, to show the instructor with the use of a partner.

Drill Twelve: Dutch Sparring Drill #1- focus on attacker. Partner A and B will have their gear on and exchange combos or a series of strikes. The focus is on Partner A's ability to enter, perform a correct combo and exit with minimal damage.

Drill Thirteen: Dutch Sparring Drill #2 – focus on defender. Partner A and B will have their gear on and exchange combos or a series of strikes. The focus is on Partner B's ability to counter the attacks and respond with a correct combo.

Drill Fourteen: Defence Drill #1 – Push Kicks Defence – Partner A will throw a push kick towards partner B. Partner B will scoop (in the correct direction) turning partner A away and counter with a combo. This will be repeated with the Teep. Partner B will be assessed on their ability to distinguish between a Teep and a Push Kick.⁷

Drill Fifteen: Conditioning Drill #1 – X minutes of leg conditioning; Partner A will kick the inside and outside of Partner B's legs. Then switch.

Drill Sixteen: Conditioning Drill #2 – X minutes of body conditioning; Partner A will throw punches to the front and side of the body of Partner B. Then switch.

Drill Seventeen: Miscellaneous #1- Elbows -From clinch range partners take turns throwing elbows at each other with Partner A using full range of elbows available and Partner B defending. (reserved for red and above)

Drill Eighteen: Miscellaneous #2 Head Movement Drill – Students must be able to perform this combo (Peri, Slip, Duck, Block and then counter with an attack) without any mistakes.

Drill Nineteen: Miscellaneous #3 Shadow Boxing - Performed for x number of minutes till the instructor(s) is satisfied, without stopping and includes correct technique.

Drill Twenty: Miscellaneous #4 - Freestyle – Student will come up with their own combo that uses a variety of techniques in different ranges (strike, elbow and knee) that includes a minimum of 5 strikes, 3 kicks and 2 other moves. (reserved for grey and above)

3. SPARRING AND/OR PAD WORK (S & PW)

Sparring – different length of time and rounds e.g. 3 x 3-minute rounds with head gear and shin gear⁸

Pad Work – combination of different time and rounds, focus on the partners ability to correctly call out numbers and hold pads correctly without assistance

Additional Factor: overall attitude (e.g. willingness to learn, politeness), attendance and skill level⁹

⁷ A push kick is defined as an advancing move while the teep is used to stop an opponent moving forward.

⁸ Gear will not be loaned to students, needs to be provided by student; if not possible due to substantial reasons an arrangement can be made

⁹ Additional Factors are up to the instructor's discretion and will be factored into whether the student passes or not, this is NOT negotiable

Grading Program: Commandos to Adults

Colour (to obtain)	1 st Stripe	2 nd Stripe	3 rd Stripe	4 th Stripe
Yellow ¹⁰	F: 20 x push ups 20 x sit ups 3-minute skipping DR: perform 5 drills from the list PW: 1 minute on pads	F: 20 x push ups 20 x sit ups 3-minute skipping DR: perform 5 drills from the list PW: 1 minute on pads	F: 25 x push ups 25 x sit ups 3.5-minute skipping DR: perform 5 drills from the list PW: 1 minute on pads	F: 25 x push ups 25 x sit ups 3.5-minute skipping DR: perform 5 drills from the list PW: 1 minute on pads
Green	F: 30 x push ups 30 x sit ups 4-minute skipping DR: perform 4 drills from the list PW: 2 minutes on pads	F: 30 x push ups 30 x sit ups 4-minute skipping DR: perform 4 drills from the list PW: 2 minutes on pads	F: 35 x push ups 35 x sit ups 4.5-minute skipping DR: perform 4 drills from the list PW: 2.5 minutes on pads	F: 35 x push ups 35 x sit ups 4.5-minute skipping DR: perform 4 drills from the list PW: 2.5 minutes on pads
Blue	F: 40 x push ups 40 x sit ups 5-minute skipping DR: perform 5 drills from the list PW: 3 minutes on pads	F: 40 x push ups 40 x sit ups 5-minute skipping DR: perform 5 drills from the list PW: 3 minutes on pads	F: 45 x push ups 45 x sit ups 5.5-minute skipping DR: perform 5 drills from the list PW: 3.5 minutes on pads	F: 45 x push ups 45 x sit ups 5.5-minute skipping DR: perform 5 drills from the list PW: 3.5 minutes on pads
Purple	F: 50 x push ups 50 x sit ups 10-minute/ 2KM run ¹¹ DR: perform 10 drills from the list PW: 4 minutes on pads	F: 50 x push ups 50 x sit ups 10-minute/ 2KM run DR: perform 10 drills from the list PW: 4 minutes on pads	F: 55 x push ups 55 x sit ups 15-minute/ 3KM run DR: perform 10 drills from the list PW: 4.5 minutes on pads	F: 55 x push ups 55 x sit ups 15-minute/ 3KM run DR: perform 10 drills from the list PW: 4.5 minutes on pads
Orange ¹²	F: 60 x push ups 60 x sit ups 5- minute skip 20- minute/ 4KM run DR: perform 10 drills from the list PW: 5 minutes on pads	F: 60 x push ups 60 x sit ups 5- minute skip 20- minute/ 4KM run DR: perform 10 drills from the list PW: 5 minutes on pads	F: 65 x push ups 65 x sit ups 5- minute skip 20- minute/ 4.5KM run DR: perform 10 drills from the list PW: 5.5 minutes on pads S: 2 x 2-minute rounds	F: 65 x push ups 65 x sit ups 5- minute skip 20- minute/ 4.5KM run DR: perform 10 drills from the list PW: 5.5 minutes on pads S: 2 x 2-minute rounds

¹⁰ Yellow to purple will be focused on correct technique without being corrected/unaided

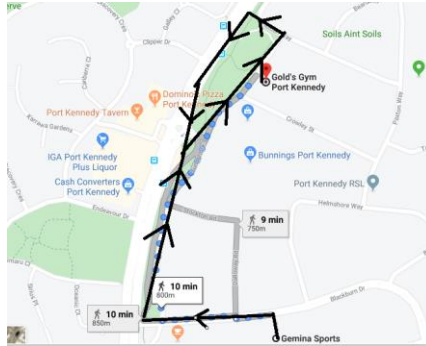
¹¹ Running: averaging 1km every 5 minutes, student needs to make it within a 10-minute range

¹² Orange to black will be more focused on fitness and stamina over technique

	S: 2 x 2-minute rounds	S: 2 x 2-minute rounds		
Red	F: 70 x push ups 70 x sit ups 5- minute skip 25- minute/ 5KM run DR: perform 10 drills from the list PW: 6 minutes on pads S: 2 x 2-minute rounds	F:70 x push ups 70 x sit ups 5- minute skip 25- minute/ 5KM run DR: perform 10 drills from the list P: 6 minutes on pads S: 2 x 2-minute rounds	F:75 x push ups 75 x sit ups 5- minute skip 25- minute/ 5.5KM run DR: perform 10 drills from the list R: 6 minutes on pads S: 3 x 2-minute rounds	F: 75 x push ups 75 x sit ups 5- minute skip 25- minute/ 5.5KM run DR: perform 10 drills from the list PW: 6 minutes on pads S: 3 x 2-minute rounds
Grey	F:80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 12 drills from the list PW:6 minutes on pads S: 3 x 2-minute rounds	F:80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 12 drills from the list PW:6 minutes on pads S: 3 x 2-minute rounds	F:80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 12 drills from the list PW:6 minutes on pads S: 3 x 2-minute rounds	F:80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 12 drills from the list PW:6 minutes on pads S: 3 x 2-minute rounds
Black	F: 80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 15 drills from the list PW: 6 minutes on pads S: 3 x 3-minute rounds	F: 80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 15 drills from the list PW:6 minutes on pads S: 3 x 3-minute rounds	F: 80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 15 drills from the list PW:6 minutes on pads S: 3 x 3-minute rounds	F: 80 x push ups 80 x sit ups 5- minute skip 30- minute/ 6KM run DR: perform 15 drills from the list PW:6 minutes on pads S: 3 x 3-minute rounds

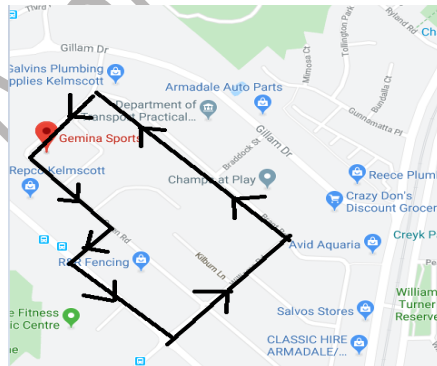
Map

MAP: PORT KENNEDY¹³



Address: U2 10 Blackburn Dr, Port Kennedy

MAP: KELMSCOTT¹⁴



Address: 3 / 61 Owen Rd, Kelmscott

¹³ Gemina Sports → To Golds Gym and around the oval/lake → Back to Gemina Sports = 2KM

¹⁴ Gemina Sports → Down Owen Road → Kiera Street → Down Champion Road to the Roundabout → Up William road → Brant Road → Back down Owen Road to Gemina Sports = 2 KM

Ninjas Grading ¹⁵

Colour	Criteria
Yellow	Fitness: 10 push ups, 10 sit ups, 10-star jumps, 10 squats Drills ¹⁶ : must be able to perform 5 combos Pad work ¹⁷ : each student must perform 1 minutes of pad work with an instructor
Green	Fitness: 15 push ups, 15 sit ups, 15-star jumps, 15 squats Drills: must be able to perform 10 combos Pad work: each student must perform 2 minutes of pad work with an instructor
Blue	Fitness: 20 push ups, 20 sit ups, 20-star jumps, 20 squats Drills: must be able to perform 15 combos Pad work: each student must perform 2.5 minutes of pad work with an instructor
Purple	Fitness: 25 push ups, 25 sit ups, 25-star jumps, 25 squats Drills: must be able to perform 15 combos Pad work: each student must perform 2.5 minutes of pad work with an instructor
Orange ¹⁸	Fitness: 30 push ups, 30 sit ups, 30-star jumps, 30 squats Drills: must be able to perform 20 combos Pad work: each student must perform 3 minutes of pad work with an instructor

¹⁵ When student moves up to Commandos they MUST start again unless instructor makes an exception. Again, this is up to the instructor's discretion.

¹⁶ Drills: the grading cohort will stand in a line; the instructor will call out the combo and the student must perform it correctly within 3 tries

¹⁷ Pad Work will be done by the instructors, Ninjas don't have to worry about holding pads

¹⁸ Once they get to Orange they should be qualified enough to move up to Commandos. If not, due to any reason the Ninja will stay orange till they are able to move up

Grading Signatory Form¹⁹

Colour	Date	Student Signature	Instructor Signature
Ninjas Yellow			
Ninjas Green			
Ninjas Blue			
Ninjas Purple			
Ninjas Orange			
White 1 st Stripe			
White 2 nd Stripe			
White 3 rd Stripe			
Yellow Badge			
Yellow 1 st Stripe			
Yellow 2 nd Stripe			
Yellow 3 rd Stripe			
Green Badge			
Green 1 st Stripe			
Green 2 nd Stripe			
Green 3 rd Stripe			
Blue Badge			
Blue 1 st Stripe			
Blue 2 nd Stripe			
Blue 3 rd Stripe			
Purple Badge			
Purple 1 st Stripe			
Purple 2 nd Stripe			
Purple 3 rd Stripe			
Orange Badge			
Orange 1 st Stripe			
Orange 2 nd Stripe			
Orange 3 rd Stripe			
Red Badge			
Red 1 st Stripe			
Red 2 nd Stripe			
Red 3 rd Stripe			
Grey Badge			
Grey 1 st Stripe			
Grey 2 nd Stripe			
Grey 3 rd Stripe			
Black Badge			

¹⁹ It is the student's responsibility to keep this up to date NOT the instructors

Kickboxing Contract:

The student _____ (enter name), agrees to follow the terms laid out in this agreement by the organisation "Gemina Sports" during all kickboxing gradings they conduct.

Both the student and organisation agree to follow all terms laid out in this contract to the best of their ability.

Terms:

1. It is the student's responsibility to keep track of the booklet and present it when asked on the grading day.
2. The student agrees to perform all tasks asked by any instructors on the grading day to the best of their ability and in a safe manner.
3. The organisation "Gemina Sports" agrees to have appropriate staff in attendance on grading days to monitor the student, if they are under 18, during both the run and during times requiring any physical contact that will be made with other students.
4. It is the student's responsibility to obtain the necessary gear needed for the grading – gloves, headgear, wraps, mouthguards etc. – that is specified by the organisation.
5. Both the student and the parents, if the student is under 18, understand that attending the grading doesn't mean an automatic pass.
6. It is the organisation's responsibility to ensure the student understands what it needed to pass the grading and ensure they are well trained in the lead up to the grading date.
7. Students will wear their correct grading rank to all gradings and will demonstrate the correct behaviour attributed to that rank e.g. higher ranks will display leadership qualities towards lower ranks
8. The student may be called upon to demonstrate the correct technique of any move as requested by the coach at any time during gradings
9. If the student fails to live up to these terms, then the organisation may prevent them from participating in future gradings.

Signature:

X

Student (or parent if under 18)

X

Organisation

Date:

Date:

END OF PROGRAMME