

## White lotus martial arts association

### WHITE LOTUS MARTIAL ARTS ASSOCIATION SYLLABUS

GRADINGS ARE MARKED ON TECHNIQUE, ATTITUDE, ETIQUETTE, EFFORT, SPEED AND POWER, FOCUS, BALANCE AND FITNESS.

The gradings may include some or all of the criteria appropriate to each belt level.

This syllabus can be adapted to the needs and goals of individuals.

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#### WHITE BELT

Students must be competent in the following:

Martial Arts turn

Jab, Backfist, Cross, Reverse punch, Uppercut, Hook, Chain Punch, Rabbit Punch, Ridge hand

Front kick, Sidekick, Roundhouse/turning kick, Axe kick, Stamp kick

Self-defence 1 and 2

1-5 Blocks and 1-7 punches – both stances

Shadow boxing (minimum of 3 rounds)

Horsestance

Basic padwork (Roundhouse kicks and simple combinations)

Students must be aware that repetition is the key to success in all aspects of Martial Arts.

#### YELLOW BELT

ANY OF THE ABOVE INCLUDING:

Punching and blocking routine – both stances

2 technique combinations

Back kick, spinning kick, inner and outer crescent kick, hook kick

Self-defence 1- 4

Block and counter (self-defence) techniques 1 & 2

Block and counter (sparring) techniques 1 & 2

Light contact combinations 1 & 2

Semi contact combinations 1 & 2



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## ORANGE BELT

ANY OF THE ABOVE INCLUDING:

3 technique combinations

Slide + technique, step behind + technique, dummy tactics

Self-defence 1 - 6

Iron Leg and Iron Palm

White Lotus First Form or sparring

Block and counter (self-defence) techniques 1 - 4

Block and counter (sparring) techniques 1 - 4

Light contact combinations 1 - 4

Semi contact combinations 1 - 4

## GREEN BELT

ANY OF THE ABOVE INCLUDING:

Sickle kick, Sweeps

4 combinations of techniques

Self-defence 1 - 8

White Lotus First and Second Forms or sparring

Block and counter (self-defence) techniques 1 - 6

Block and counter (sparring) techniques 1 - 6

Light contact combinations 1 - 6

Semi contact combinations 1 - 6



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## BLUE BELT

ANY OF THE ABOVE INCLUDING:

Basic hand and feet combinations

Basic jumping kicks – front, side, roundhouse and axe

5 strikes

Blocks in horse stance with start and finish

Self-defence 1 - 10

White Lotus First, Second and Third Forms or sparring

Block and counter (self-defence) techniques 1 - 8

Block and counter (sparring) techniques 1 - 8

Light contact combinations 1 - 8

Semi contact combinations 1 - 8

## PURPLE BELT

ANY OF THE ABOVE INCLUDING:

Advanced jumping kicks – inner and outer crescent, sickle, back, spinning, hook

Advanced hand and feet combinations

In class teaching experience and advanced pad work

Grab Attacks 1-6

White Lotus First, Second, Third Forms or sparring

Block and counter (self-defence) techniques 1 - 10

Block and counter (sparring) techniques 1 - 10

Light contact combinations 1 - 10

Semi contact combinations 1 - 10

## BROWN BELT (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)

ANY OF THE ABOVE INCLUDING:

In class teaching experience

Attendance at a minimum of two classes per week

Attend a referee's course & a tournament

**Brown:** Grab attacks 7-12

**Brown 2:** Situation appraisal and knife defence

Knife defence with double block

Knife defence with No.5 block

Knife defence with block down & move to side

Knife defence with cross hand block

**Brown 3:** 2 weapon defence (own design) & 2 defence without weapons (own design)

Any combination of techniques from the syllabus

White Lotus Forms one to four or competitive sparring



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## 1<sup>ST</sup> DAN

All syllabus plus unknown attack and 5<sup>th</sup> form

Basic knowledge of a variety of weapons

Demonstrate attributes of a Black Belt

## 2<sup>nd</sup> DAN

All syllabus

4 self-defence scenarios (talk, ltd pain, pain, last resort)  
and unknown attack

Katas – 1 & 2 with tonfas

1 specialism from below (precise details to be arranged with instructor):

Kata  
Sparring  
Weapons  
Self-defence  
Aiki-Jitsu  
Tai Chi  
Teaching  
MMA

## 3rd DAN

As above plus:

Choose 2<sup>nd</sup> specialism as above

Kata 6

Self-defence with Groundwork

