

8th Kyu — White Belt with Red Stripe

BEGINNER GRADES | Technical examination standard

Objective

Basic striking accuracy and coordination.

Required techniques

Double jab; lead/rear roundhouse; head/body pad targeting; step-and-slide footwork.

Mandatory combinations

- Jab–Cross
- Double Jab–Cross
- Jab–Cross–Rear Front Kick
- Jab–Rear Roundhouse

Defensive application

Lead-hand parry and high cover.

Practical examination

Four combinations; 2 × 1-minute pads; non-contact partner drills.

Knowledge and conduct

Correct fist formation and guard recovery.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.

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