



Grading Guidelines Seniors

The following is a set of guidelines for senior students to follow for gradings within the Total Body Defence organisation. Students should aim to cover the requirements set out as a minimum and can add other techniques/principles at each level. Students may opt to not include a technique/principle on their grading that they have performed at a previous grade, however, the instructor may request that they do perform it at anytime during the presentation.

This syllabus is also subject to change at any time.

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Date: 27th Nov 2008

6th Kyu White Belt - Minimum of 5 Techniques
Etiquette (Bowling to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
Wrist Lock
Arm Lock
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching)

5th Kyu Yellow belt - Minimum of 7 Techniques
Etiquette (Bowling to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
2 x Wrist Lock
2 x Arm Lock
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching, striking)
1 x basic escape from ground
2 x Breaking of balance e.g. Sweep / Throw
Fingerlock
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab

4th Kyu Orange belt - Minimum of 10 Techniques
Etiquette (Bowling to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
2 x Wrist Lock
2 x Arm Lock
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching, striking, elbows, knees)
2 x basic escape from ground
2 x Breaking of balance e.g. Sweep / Throw
Fingerlock
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab
Use of Thumb/knuckle to grapple
Take down from locking technique
2 x Escape from holds
Use of Elbow's
Use of Knee's
Use of Parry's
Breath control
Basic Pre-emptive attacking

3rd Kyu Green belt - Minimum of 10 Techniques	
Etiquette (Bowing to Instructor & Partner)	
Posture / Balance	
Breakfalls	
Defensive stances from attack	
Breaking of balance e.g. Sweep / Throw	
2 x Wrist Lock	
2 x Arm Lock	
Basic footwork to avoid attack	
Kicking technique	
Striking Technique	
Basic Takedowns	
Correct use of pads (Kicking, punching, striking, elbows, knees)	
2 x basic escape from ground	
2 x Breaking of balance e.g. Sweep / Throw	
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab	
Use of Thumb/knuckle to grapple	
Take down from locking technique	
2 x Escape from holds	
Use of Elbow's	
Use of Knee's	
Use of Parry's	
Breath control	
Pre-emptive attacking	
Striking with at least 4 variations e.g. Chin jab, Chop, Hammerfist, Finger jab	
1 x Choke	
1 x Strangle	
2 x Escape from holds	
2 x Basic Knife defence (12 O'clock, 3 O'clock and lunge)	
Use of aggression / breath control	
Pre-emptive attacking (Attacking opponent before opponent attacks)	

2nd Kyu Blue belt - Minimum of 12 Techniques
Etiquette (Bowing to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
2 x Wrist Lock
2 x Arm Lock
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching, striking, elbows, knees)
2 x basic escape from ground
2 x Breaking of balance e.g. Sweep / Throw
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab
Use of Thumb/knuckle to grapple
Take down from locking technique
2 x Escape from holds
Use of Elbow's
Use of Knee's
Use of Parry's
Breath control
Pre-emptive attacking
Striking with at least 4 variations e.g. Chin jab, Chop, Hammerfist, Finger jab
1 x Choke
1 x Strangle
2 x Escape from holds
Basic knife defences (12 O'clock, 3 O'clock and lunge)
Use of aggression / breath control
Pre-emptive attacking (Attacking opponent before opponent attacks)
Focused Aggression / Mind set
2 man attacks
Improvised attacks e.g. From a chair, up against wall
Various Weapon defences
Knowledge of damage caused by techniques

1st Kyu Brown - Minimum of 12 Techniques
Etiquette (Bowling to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
2 x Wrist Lock
2 x Arm Lock
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching, striking, elbows, knees)
2 x basic escape from ground
2 x Breaking of balance e.g. Sweep / Throw
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab
Use of Thumb/knuckle to grapple
Take down from locking technique
2 x Escape from holds
Use of Elbow's
Use of Knee's
Use of Parry's
Breath control
Pre-emptive attacking
Striking with at least 4 variations e.g. Chin jab, Chop, Hammerfist, Finger jab
1 x Choke
1 x Strangle
2 x Escape from holds
Basic knife defences (12 O'clock, 3 O'clock and lunge)
Use of aggression / breath control
Pre-emptive attacking (Attacking opponent before opponent attacks)
Focused Aggression / Mind set
2 man attacks
Improvised attacks e.g. From a chair, up against wall
Various Weapon defences
Knowledge of damage caused by techniques
Advanced Atemi (Striking)
Instruction / verbal understanding of techniques
Control
Use of movement to control opponent (e.g. Barging, tipping shoulders etc)
Mental Ability / Focus

1st Dan Black Belt - Minimum of 15 Techniques
Etiquette (Bowling to Instructor & Partner)
Posture / Balance
Breakfalls
Defensive stances from attack
Breaking of balance e.g. Sweep / Throw
Basic footwork to avoid attack
Kicking technique
Striking Technique
Basic Takedowns
Correct use of pads (Kicking, punching, striking, elbows, knees)
2 x basic escape from ground
2 x Breaking of balance e.g. Sweep / Throw
Striking with at least 2 variations e.g. Chop, Hammerfist, Finger jab
Use of Thumb/knuckle to grapple
Take down from locking technique
2 x Escape from holds
Use of Elbow's
Use of Knee's
Use of Parry's
Breath control
Pre-emptive attacking
Striking with at least 4 variations e.g. Chin jab, Chop, Hammerfist, Finger jab
Use of aggression / breath control
Pre-emptive attacking (Attacking opponent before opponent attacks)
Focused Aggression / Mind set
Improvised attacks e.g. From a chair, up against wall
Various Weapon defences
Knowledge of damage caused by techniques
Advanced Atemi (Striking)
Instruction / verbal understanding of techniques
Control
Use of movement to control opponent (e.g. Barging, tipping shoulders etc)
Mental Ability / Focus
Various Wrist Locks
Various Arm Locks
Various Chokes
Various Strangles
Various Escape from holds
Various Weapon defences
Pressure testing by multiple attacks
Structured preparation for the grading e.g. notes, categories
Structure and take a full class

For 2nd to 5th Dan

It's often quite difficult to structure a black belt grading say from 1st to 2nd Dan, 2nd to 3rd etc to show how the student has progressed. Progression isn't always about physical performance on the mat, but the student should be able to demonstrate their progression via knowledge/subject matter expertise etc. Some examples of how this could be demonstrated include:

- Scenario training and mindset
- Dealing with multi-attacks
- Specialist weapons defence (e.g. Gun / knife defence)
- Joint destruction
- Ground fighting
- Evasion and footwork
- Public Demonstrations
- Knowledge of anatomy etc
- Effective Teaching of others - passing on technique as per syllabus

Note: Currently physical gradings are required up to 3rd Dan. Physical gradings can be performed for 4th and 5th Dan if the student wishes, but is not a requirement as these gradings are awarded on time served basis.

The highest rank awarded within the TBD organisation is 5th Dan.

The following are some examples of techniques that should be studied within the TBD system

Kicking Technique's

- Front Snap kick (Knee/groin/Stomach)
- Side kick (Knee / Torso)
- Front kick across knee (dislocate kneecap)
- Shin Kick (Thigh/calves)

Striking Technique's

- Punch (Solar plexus / Stomach / Kidneys / arms / legs / groin)
- Chop (Carotid / face)
- Hammerfist (Neck / Elbow joint / Stomach / Arms / most area's)
- Back fist (Head area / Groin / Kidneys / Solar Plexus)
- Palm heel (Chin / nose / Jaw)
- Edge of Hand / Edge of wrist
- Various Thumb and Knuckle strikes e.g. Little finger knuckle eye jab

Choke Technique's - A choke primarily cuts off the flow of air through the windpipe

- Throat holds
- Choke using edge of hand
- Choke using thumb

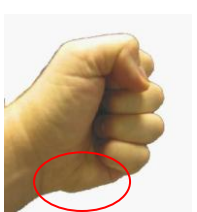
Strangle Technique's – A strangle primarily cuts off the flow of blood to the brain

- Front of neck Strangle
- Side of neck Strangle
- Side of neck clamp (Wrapping hand over to enforce)

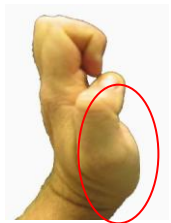
Hand Strikes



Chop



Hammer fist



Palm Heel



Edge of Hand



Backfist



Protruding
Thumb



Knuckle
Thumb



Little Finger
Jab



Centre Knuckle



Edge of wrist