



World Boxing Union V. , Beckmannstrasse 9 , 31863 Coppenbrügge , [www.wbu-boxing.com](http://www.wbu-boxing.com)

### K1 – Kickboxing – Muay Thai

#### Belt Grading System

Belt Test Fee including Belt	Time / Month / Between
White 30 €	0
Yellow 40 €	3
Green 40 €	4
Blau 40 €	5
Purple 50 €	6
Red 60 €	7
Brown 70 €	8
Black 200 €	12
299 €	4 Days Crash Course / must held brown belt

**Examinations from white to brown belt may be tested by one black belt!**

**Examinations for a black belt must be tested by three black belts!**

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#### White Belt

This Grade can only be carried out when the learner has shown they are willing to listen and do what is required of them.

This is a FREE grade which can be carried out at anytime within a class.

This is the 1st step on the ladder to becoming a Black Belt.

Basic Combinations a White Belt Must Know:

Combo 1:

Left Jab

Site 1

Combo 2:

Left Jab Right Cross

Combo 3:

Left leg Front Kick, Left Jab then Right Cross

Combo 4:

Left Jab, Right Cross, Left leg Round Kick

Combo 5:

Left Jab, Right Cross, Left Hook, Right leg Round Kick

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## **Yellow Belt**

Punch Technique (Front & Reverse):

Straight Punches

Rising Punches

Hook Punches

Kicking Techniques (Front & Reverse):

Close Quarter Front Kicks

Front Kicks

Round Kicks

Defence Techniques (Front & Reverse):

Rising Forearm Block

Palm Block

Rising Elbow Block

Knee Block

Defence Applications:

Attacker: Round Punch

Defender: Rising Elbow Block Counter Hook Punch Front Kick

Attacker: Front Kick

Defender: Knee Block Counter Front Kick

Attacker: Straight Punch

Defender: Rising Forearm Block Straight Punch

Sparring:

Beginner Grade Only!

**Site 2**

## **Green Belt**

Punch Techniques (Front & Reverse):

Straight Punches

Rising Punches

Hook Punches

Elbow Strike

Kicking Techniques (Front & Reverse):

Skipping Front Kicks

Front Kicks

Round Kicks

Shin Kicks

Defence Techniques (Front & Reverse):

Rolling Evasion

Palm Deflection

Rising Elbow Block

Knee Block

Defence Applications:

Attacker: Round Punch

Defender: Rising Elbow Block Counter Rising Punch

Attacker: Front Kick

Defender: Knee Block Counter Round Kick

Attacker: Round Punch

Defender: Rolling Evasion Counter Rising Punch

Sparring:

Beginner Grade

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Punch Techniques(Front & Reverse):

Straight Punches

Rising Punches

Hook Punches

ing Techniques (Front & Reverse):

Knee Strikes

Jumping Front Kicks

Axe Kicks

Hook Kicks

Defence Techniques (Front & Reverse):

Outside Forearm Block

Double Forearm Headlock

Rising Elbow Block

Hip Throw

Defence Applications:

Attacker: Hook Punch

Defender: Outside Forearm Block counter Rising Punch

Attcker: Grab From Behind

Defender: Hip Throw counter Snap Punch

Attacker: Round Punch

Defender: Headlock Counter Knee Strike

Sparring:

Beginner to Intermediate Grades

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Punch Techniques (Front & Reverse):

Hammer Fist

Spinning Hammer Fist

Snap Punch

Open Hand Thrust

Kicking Techniques (Front & Reverse):

Scissor Front Kicks

Back Heel

Round Kicks

Side Kicks

Defence Techniques (Front & Reverse):

Rolling Evasion

Palm Deflection

Inside Elbow Block

Knee Block

Forearm Block

Defence Applications:

Attacker: Straight Punch to Mid Section

Defender: Inside Elbow Block Counter Spinning Hammer Fist

Attacker: Straight Punch

Defender: Forearm Block Counter Side Kick.

Attacker: Front Kick

Defender: Forearm Sweep Counter Round Kick

Sparring:

Beginner to Intermediate Grades.

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Punch Techniques (Front & Reverse):

Straight Punches

Spinning Hammer Fist

Hook Punches

Elbow Strike

Kicking Techniques (Front & Reverse):

Axe Kick

Spinning Hook Kick

Round Kicks

Drop Sweep

Defence Techniques (Front & Reverse):

Side Step

Double Forearm Block

Foot Sweep

Knee Block

Defence Applications:

Attacker: Jump Front Kick

Defender: Double F/Block Counter Spin Hammer Fist

Attacker: Straight Punch

Defender: Side Step Hip Throw

Attacker: Round Kick

Defender: Drop Sweep Take Down Counter Snap Punch

Sparring:

Beginner to Intermediate Grades.

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Punch Techniques (Front & Reverse):

Straight Punches

Ridge Hand Strike

Hook Punches

Jump Reverse Punch

Kicking Techniques (Front & Reverse):

Side Kick

Spinning Hook Kick

Jump Round Kicks

Drop Sweep

Defence Techniques (Front & Reverse):

Pressing Block

Double Forearm Block

Foot Sweep

Hip Throw

Defence Applications:

Attacker: Round Punch

Defender: Forearm Block Hip Throw

Attacker: Side Kick

Defender: Side Step Spinning Hook Kick

Attacker: Round Kick

Defender: Over Arm Leg Lock Foot Sweep

Sparring:

Beginner, Intermediate and Advanced Grades

## **Part One**

Punch Techniques (Front & Reverse):

Straight/Hook/Rising Punches

Spinning Hammer Fist

Spear Hand Strike

Elbow Strike

Kicking Techniques (Front & Reverse):

Jumping Axe Kick

Spinning Hook Kick

Jumping Round Kick

Jumping Crescent Kick

Defence Techniques (Front & Reverse):

Hip Throws

Take Downs & Locks

Foot Sweep

Forearm Cross Block

Defence Application:

Attacker: Round Punches Right/Left

Defender: Forearm Blocks, Headlock, Knee Strike Elbow

Attacker: Kick To Groin

Defender: Forearm Cross Block Jump Knee Strike to Head

Attacker: Running In

Defender: Jump Retreating Front Kick Head Lock Knee

Sparring:

Beginner, Intermediate and Advanced Grades

## **Part Two**

Punch Technique (Front & Reverse):

Straight Punches

Spinning Hammer Fist

Knife Hand Strike

Downward Elbow Strike

**Site 8**

Kicking Techniques (Front & Reverse):



Turning Side Kick

Spinning Hook Kick

Jumping Side Kick

Spinning Crescent Kicks

Defence Techniques (Front & Reverse):

Inside Crescent Kick

Double Palm Arm Lock

Foot Sweep

Forearm Block

Defence Applications:

Attacker:- Side Kick

Defender: Side Step Counter Jump Side Kick

Attacker: Straight Punch

Defender: Double Palm Lock Take Down

Attacker: Attack With Knife

Defender: Outside Crescent Kick Knee Strike

Sparring:

Beginner, Intermediate and Advanced Grades