

Yellow Belt IN CLASS GRADING (PEEWEE)	Orange Belt IN - CLASS GRADING (PEEWEE)	Blue Belt IN - CLASS GRADING (PEEWEE)	Blue 1 Tip IN - CLASS GRADING (PEEWEE)	Blue 2 Tip IN – CLASS GRADING (PEEWEE)	Blue 3 Tip IN - CLASS GRADING (PEEWEE)	Green Belt IN – CLASS GRADING (PEEWEE)	Green -1 Tip IN - CLASS GRADING (PEEWEE)
Planking, sit ups, squats, (5)	Planking, sit ups, squats, (5)	Planking, sit ups, squats, (5)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)
<b>Best stretch shown</b>							
<b>Strikes</b> -left jab - right punch - back fist –circular elbows		<b>Strikes</b> -left jab -right punch -left hook -back fist -circular elbows			<b>Strikes</b> -left jab - right punch -left hook - back fist -circular elbows -uppercuts -palm heels		
<b>Stances</b> -Shoulder - squatting - side on - R/leg back fighting stance L/leg back deep lunging		<b>Stances</b> - Shoulder - squatting - side on - R/leg back fighting stance - L/leg back deep lunge - prepare - cover			<b>Stances</b> -Shoulder - squatting - side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover - bear stance - half lunge		
<b>Footwork</b> -change over forward & back - switch on the spot shuffle forward & back -half		<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back			<b>Footwork</b> -change over forward & back -switch on the spot half shuffle forward / back -lunge forward & back -blitz footwork		
<b>Blocks</b> -upper -inside -outside -lower		<b>Blocks</b> -upper -inside -outside –lower			<b>Blocks</b> -upper -inside -outside –lower - Shuto		
<b>Checks</b> -L/leg half leg check - R/leg full check		<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check - R/leg roll check					
<b>Knees</b> -straight knee L/ leg - straight knee R/ leg		<b>Knees</b> -circular knee L/ leg - circular knee R/ leg					
<b>Kata</b> - individual moves Gekisai Dai Itch	<b>Kata's</b> - Gekisai Dai Itch (first 1-6 moves only)	<b>Kata's</b> - Gekisai Dai Itch (first 1-13 moves only)	<b>Kata's</b> Gekisai Dai Itch (first 1-20 moves only)	<b>Kata's</b> Gekisai Dai Itch (finish)	<b>Kata's</b> Gekisai Dai Itch (finish)	<b>Kata's</b> Gekisai Dai Itch Gekisai Dai Ni	<b>Kata's</b> -Sanchin kata (Footwork focus)
<b>Break fall drill</b> -Forward			<b>Break fall drill</b> -Forward - Back			<b>Break fall drill</b> -Forward - Back -side	
<b>Basic Kicks</b> - L/ front - R/round - L/ side - R/ back					<b>Basic Kicks</b> -L/ front -R/round -L/ side -R/ back -L/ hook -L/ crescent - R/ jump front		
		<b>Pad work (2 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee	<b>Pad work (2 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee	<b>Pad work (2 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee	<b>Pad work (2 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee	<b>Pad work (3 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches	<b>Pad work (3 x 1 min)</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches
		<b>Shadow sparring</b> 1 x 30 sec					

## Peewee In class Gradings

Green -2 Tip IN - CLASS GRADINGS (PEEWEE)	Green -3 Tip IN - CLASS GRADINGS (PEEWEE)	Brown Belt CLASS GRADINGS (PEEWEE)				
Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)	Planking, sit ups, squats, (10)				
<b>Best stretch shown</b>						
<b>Strikes -</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels - knife hand - axe hand - ridge strikes						
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover - bear stance -half lunge		<b>Stances</b> -Shoulder - squatting - side on -R/leg back fight stance - L/leg back deep lunge - prepare - cover - bear stance - half lunge - cat				
<b>Footwork</b> - change over forward & back - switch on the spot - half shuffle forward / back - lunge forward & back - blitz footwork						
<b>Blocks</b> -upper -Inside -outside -lower - Shuto						
<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check - R/leg roll check						
<b>Knees</b> -straight knee L/ leg - straight knee R/ leg						
<b>Kata's</b> -Sanchin kata (Hand position focus)	<b>Kata's</b> -Sanchin kata all the way (focus on Breathing) -Tensho kata all the way	<b>Kata's</b> -Tensho kata all the way				
<b>Break fall drill</b> - Forward - Back -side						
<b>Basic Kicks</b> - L/ front - R/round - L / side -R/ back - L/ hook -L/ crescent - R/ jump front						
<b>Pad work (3 x 1 min) or pad relays</b> 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 1 x 1 front kicks, straight punches						
<b>Shadow sparring</b> <b>1 x 30 sec</b>						