



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### FOREWORD

This text has been translated from Finnish. In case of interpretation disputes, the Finnish text applies.

In all belt grades, the belt test participants must have their instructor's recommendation to participate in the test. It is instructors' duty to oversee that the persons participating in the tests fulfil the minimum requirements for continuous classes and time of active kickboxing training in between the grades.

The minimum times in between the belt grades cannot be shortened. In a higher belt grade, one must also fulfil the requirements of all the prior grades. In all belt grades, the belt examination participants must have the official kickboxing sport passport of Finnish Kickboxing Federation (Suomen Potkunyrkkeilyliitto, Finska Kickboxningsförbundet, hereafter federation). In all grades, the graduation participants must have a valid kickboxing license of the federation. From orange belt test onwards, the participants must also have an insurance covering the sport of kickboxing.

In all belt grades, techniques are performed in both stances: orthodox and southpaw. The requirement for technical performance becomes stricter gradually:

- yellow belt 5. kyu: understanding of basic techniques
- orange belt 4. kyu: moderate technical capability
- green belt 3. kyu: techniques can be performed with speed
- blue belt 2. kyu: techniques can be performed with force
- brown belt 1. kyu: perfect techniques
- black belt 1. dan: automated techniques.

The federation has only one grading system. The member clubs of the federation are not allowed to follow any other belt grading or similar grading/level system for kickboxing (or any translation from any language, with/without any prefix or suffix).

### COMPETITION POINTS

The competition points can be used to shorten the minimum time requirements. One competition point equals 0,5 month. The maximum amount of the reduction of minimum training time is specified for each applicable belt grade.

The competition points are earned from official kickboxing bouts as follows:

- a defeat in a tatami sports discipline 1 point
- a win in a tatami sports discipline 2 points
- a defeat in a ring sports discipline 2 points
- a win or a draw in a ring sports discipline 3 points
- Finnish championship or a medal in a WAKO World Cup gives the same number of extra points as one gets for a win in that discipline
- representing the national team of Finland in an official competition (e.g. a team event or WAKO European or World Championships) gives the same number of extra points as one gets for a win in that discipline
- WAKO European or World Championships bronze medal 6 points
- WAKO European or World Championships silver medal 8 points



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



- WAKO European or World Championships gold medal or WAKO-PRO European or World title 10 points.

In these rules, a National Training Camp means a National Training Camp organized by the Finnish Kickboxing Federation, i.e. Winter Camp, Spring Camp, Summer Camp and Autumn Camp. The purpose of the National Training Camps is to broaden one's knowledge of kickboxing by training with kickboxers from other clubs and under the tuition of high-class instructors.

In all grades, the belt tests can be conducted only by persons who have a black belt in Finnish Kickboxing Federation, have graduation rights in force and have a valid kickboxing license for Finnish Kickboxing Federation. Authorised black belts with graduation rights in force are listed on the Finnish Kickboxing Federation website.

### **BELT GRADES EXAMINED ABROAD**

Belts graded abroad are not accepted as is because the grading criteria vary from country to country. A person who has been awarded his grade abroad, can participate in a graduation organized by Finnish Kickboxing Federation to have his grade evaluated under these rules.



FINNISH KICKBOXING FEDERATION  
GRADING SYLLABUS



## YELLOW BELT (5. KYU)

### Basic requirements

- minimum of 20 training sessions
- code of conduct
- cleanliness and tidiness.

### Fighting Stance

- both stances: orthodox and southpaw.

### Moving

- on the ball of the foot, all directions, both stances.

### Parrying and Blocking

- parrying opponent's straight left with right hand
- parrying opponent's straight right with left hand
- front leg thigh block against a low kick.

### Punches (at the level of one's own head, both hands, performed stationary and with forward movement)

- straight punches.

### Kicks (performed stationary, recoiled in front and back)

- front kick, waist height, both legs
- roundhouse kick, waist height, both legs
- low kick, rear leg.

### Punch Combinations (head height)

- two straight punches (left-right, right-left), performed stationary
- three straight punches (left-right-left, right-left-right), performed stationary
- two jabs + rear hand straight, performed both stationary and with forward movement.

### Kick combinations (same height as in individual techniques, performed stationary)

- varying combinations of the kicks required for the grade.

### Parry and Punch Combinations

- parrying opponent's straight left with right hand + straight left
- parrying opponent's straight right with left hand + straight right.

### Punch and Kick Combinations (same height as in individual techniques, performed stationary)

- various and diverse combinations of all punches and kicks required for the grade.



FINNISH KICKBOXING FEDERATION  
GRADING SYLLABUS



## ORANGE BELT (4. KYU)

Uniform clothing shall be used in workouts and belt tests, consisting of club's kickboxing pants or shorts, a club/federation T-shirt and a kickboxing belt reflecting one's grade.

### Basic requirements

- minimum of six months regular practising of kickboxing after achieving the yellow belt
- minimum of 50 training sessions after achieving the yellow belt.

### Slipping

- slipping straight punches directed to one's head, forward sideways.

### Parrying and Blocking

- low kicks directed to front and rear leg, blocking with shin
- roundhouse kicks to body, blocking with arms
- parrying/blocking opponent's straight punch, simultaneous counterattack with a straight punch
- blocking hooks to body
- blocking hooks to head.

### Punches (both hands, performed stationary and with forward and backward movement)

- hooks to body
- hooks to head
- straight punches to body and head.

### Kicks

- side kick, waist height, both legs, recoiled in front and back
- back kick, retracting the same path
- low kick, front leg: stationary, with weight shift and with step.

### Combinations

- various and diverse combinations of all punches, kicks, slips, parries and blocks required for the belt grade, including attack-defence-attack chaining.



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### GREEN BELT (3. KYU)

Uniformed clothing shall be used in workouts and belt tests, consisting of team's kickboxing pants or shorts, a team/federation T-shirt and a kickboxing belt reflecting one's grade.

#### Basic requirements

- minimum of 12 months of active kickboxing training since achieving the orange belt
- minimum of 100 training sessions since achieving the orange belt
- the competition points can be used to shorten the minimum time requirement to 10 months
- minimum of one National Training Camp since the beginning of one's kickboxing career
- knowledge of the official rules and weight classes of all disciplines of the federation.

#### Slipping and Rolling

- slipping of straight punches directed to one's head, under and away
- rolling under hooks, both directions.

#### Parrying and Blocking

- defence against a corkscrew punch
- defence against an uppercut
- defence against an axe kick
- parrying front, side and roundhouse kicks
- shin block against a roundhouse kick to the body.

#### Sweeps (with and without unbalancing the opponent)

- with both legs.

#### Punches (both hands, performed both stationary and with forward, backward and sideways movement)

- corkscrew punch to head
- uppercut to head
- all punches of the previous grades, with sideways movement.

#### Kicks

- straight knee kick, both legs, with and without clinching: stationary, step knee and switch knee
- switch kick, lead leg roundhouse kick
- axe kick to head, both legs, connecting with sole of the foot or bottom part of the heel
- turning side kick, waist height, retracting the same path or with a spin around.

#### Combinations

- various and diverse combinations of all punches, kicks, slips, parries and blocks required for the belt grade, stationary and with movement, including attack-defence-attack chaining.

#### Tactics

- task sparring: offensive.

The belt examination includes five two-minute rounds of sparring. The participant shall demonstrate the ability to fight the required number of rounds in a safe manner.



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### **BLUE BELT (2. KYU)**

The blue belt examinations can be taken in National Training Camps only. In case the test is not passed, the renewal of the test can also be taken in National Training Camps only. The grading is conducted by at least two black belts nominated by federation's Graduation Committee.

Uniformed clothing shall be used in workouts and belt tests, consisting of team's kickboxing pants or shorts, a team/federation T-shirt and a kickboxing belt reflecting one's grade.

#### Basic requirements

- minimum of 17 months of active kickboxing training since achieving the green belt
- minimum of 100 training sessions since achieving the green belt
- the competition points can be used to shorten the minimum time requirement to 12 months
- minimum of two National Training Camps since achieving the green belt
- federation's instructor course accomplished (VOK1 or a previous equivalent)
- experience in acting as an assistant instructor in kickboxing.

#### Slipping and Rolling (both directions)

- stepping inside a roundhouse kick to body, simultaneous low kick to opponent's supporting leg
- slipping forward sideways a turning/spinning kick, followed with a counterattack
- rolling under a hook and a simultaneous counterattack with a hook to the body
- slipping a straight punch and simultaneous counterattack with a punch.

#### Blocking and Catching

- defende against a roundhouse kick to head: blocking with hands and a counterattack
- defende against a roundhouse kick: catching the kick by cupping the hand over opponent's leg, locking the arm and counterattack with a kick.

#### Punches

- spinning backfist to head, with a step and without a step.

#### Kicks (both legs)

- front kick to head
- roundhouse kick to head
- side kick to head
- spinning hook kick to head
- side knee kick, waist height and thigh height.

#### Combinations

- various and diverse combinations of all punches, kicks, slips, parries and blocks required for the belt grade, stationary and with movement, including attack-defence-attack chaining.

#### Tactics

- Task sparring: breaking the rhythm, including double attacks.

The belt test includes ten two-minute rounds of sparring. The belt test participant shall demonstrate the ability to fight the required number of rounds in a safe manner.



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### **BROWN BELT (1. KYU)**

The brown belt examination can be taken in National Training Camps only. In case the test is not passed, the renewal of the test can also be taken in National Training Camps only. The grading is conducted by at least two black belts nominated by federation's Graduation Committee.

Uniformed clothing shall be used in workouts and belt tests, consisting of team's kickboxing pants or shorts, a team/federation T-shirt and a kickboxing belt reflecting one's grade.

#### Basic requirements

- minimum of 24 months regular practising of kickboxing since achieving the blue belt
- minimum of 100 training sessions since achieving the blue belt
- the competition points can be used to shorten the minimum time requirement to 12 months
- minimum of one bout in a ring sports discipline recognised by the federation
- minimum of two National Training Camps since achieving the blue belt
- experience in acting as an assistant instructor and instructor in kickboxing
- federation's judge course accomplished and experience of acting as a judge in national kickboxing events.

#### Slipping and Rolling

- rolling under a hook and a simultaneous counterattack with an uppercut
- dodging a high kick by leaning back, followed by an immediate counterattack.

#### Parrying and Blocking

- defence against all techniques required for brown belt: parry/block and a counterattack.

#### Kicks

- hook kick to head, both legs
- jump kick: scissor front kick, waist and head height, both legs
- jump kick: scissor roundhouse kick, waist and head height, both legs
- sliding kicks, waist height: front kick, roundhouse kick, side kick
- jump back kick, waist height
- spinning hook kick to thigh, connecting with sole of the foot or bottom part of the heel.

#### Combinations

- various and diverse combinations of all punches, kicks, slips, parries and blocks required for the belt grade, stationary and with movement, including attack-defence-attack chaining
- front kick, roundhouse kick and side kick combinations without lowering the knee, stationary.

#### Tactics

- Task sparring: counterattacks with hand and foot techniques.

The test includes fifteen two-minute rounds of sparring. The participant shall demonstrate the ability to fight the required number of rounds in a safe manner and display technical and tactical versatility.



## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### **BLACK BELT (1. DAN)**

The black belt tests can be taken in federation's Summer Camps only. In case the test is not passed, the renewal of the test can be taken in National Training Camps only. The grading is conducted by at least three black belts nominated by federation's Graduation Committee.

Uniformed clothing shall be used in workouts and belt tests, consisting of team's kickboxing pants or shorts, a team/federation T-shirt and a kickboxing belt reflecting one's grade.

#### Basic requirements

- minimum of 24 months of active kickboxing training since achieving the brown belt
- minimum of 150 training sessions since achieving the brown belt
- the competition points can be used to shorten the minimum time requirement to 18 months
- minimum of 40 competition points (not applied to persons over 30 years of age)
- minimum of three National Training Camps since achieving the brown belt
- federation's 2<sup>nd</sup> level instructor course accomplished (VOK2)
- experience in acting as an assistant instructor, instructor and coach/second in kickboxing
- familiarization with all competition disciplines of the federation and qualification as a judge and referee in all competition disciplines of the federation
- federation's referee course accomplished and experience in acting as a referee in kickboxing events
- a written application with the recommendation of a black belt recognised by the federation
- familiarization with the history and the organizational structure of kickboxing.

#### Slipping and Rolling

- defence against all techniques required for black belt: slipping/rolling and a counterattack.

#### Parrying and Blocking

- defence against all techniques required for black belt: parry/block and a counterattack.

#### Kicks

- jump knee kick, waist and head height, lead leg with a switch and rear leg without a step
- jump front kick, waist and head height, with rear leg without a scissor
- sliding kick, head height, lead leg and rear leg: front kick, roundhouse kick, side kick and axe kick
- back kick, head height, both legs
- jump spinning hook kick, head height, both legs.

#### Combinations

- various and diverse combinations of all punches, kicks, slips, parries and blocks required for the belt grade, stationary and with movement, including attack-defence-attack chaining
- double kicks: front kick, round kick, side kick, hook kick and axe kick combinations without lowering the knee, stationary and with the movement.

#### Tactics

- Task sparring: countering opponent's counterattacks, utilising faints
- The belt examination includes twenty two-minute rounds of sparring. The participant shall demonstrate the ability to fight the required number of rounds in a safe manner and display technical and tactical versatility.





## FINNISH KICKBOXING FEDERATION GRADING SYLLABUS



### HIGHER BLACK BELT GRADES

From 2<sup>nd</sup> dan onwards, the higher black belt grades are awarded for outstanding accomplishments for the sport of kickboxing. To achieve 2<sup>nd</sup> dan or a higher black belt grade, one must participate actively in developing and promoting the sport, and participate actively in federation's events and operations, including the development and promotion of federation's activities.

The minimum times in between the black belt grades:

1<sup>st</sup> dan → 2<sup>nd</sup> dan, 3 years

2<sup>nd</sup> dan → 3<sup>rd</sup> dan, 4 years

3<sup>rd</sup> dan → 4<sup>th</sup> dan, 5 years

4<sup>th</sup> dan → 5<sup>th</sup> dan, 6 years