



WAKO GRADING PROGRAMME FOR KICKBOXING

By

Tomaz Barada

Chairman Grading Syllabus Committee

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Dear WAKO Members,

On behalf of the WAKO Grading Syllabus Committee and its Chairman Master Tomaz Barada, we invite you to review and apply the guideline of the examination/grading system, which we believe create a homogeneous program for all the disciplines of kickboxing (Point Fighting, Light Contact, Kick Light, Full Contact, Low Kick, K1 Rules and Forms), conforming the language to disseminate and promote our sport in a more inclusive and incisive way, to which technical directors and instructors throughout the entire world can align to international standards and comply with when approved and adopted by the Board of Directors. The program is optional, and we would highly recommend its adaptation within your national grading system. It creates a unified standard and global credibility.

The program is intended to be a progressive process regarding the steps from the White Belt to 7th Dan level of Black Belt recognized by WAKO.

- a) Examinations/Gradings from 1st to 3rd Dan are carried out by the national federations.
- b) Examinations/Gradings from 4th to 7th Dan are carried out by the "WAKO GRADING SYLLABUS COMMITTEE".

Each instructor and/or examiner can develop even more or delve deeper into some themes rather than others, when presenting their athlete for the BLACK BELT examination/grading prepared on all aspects of Kickboxing, with greater depth in their specialization.

Furthermore, the program considers the various personalities and characters of our members with the objectives of achieving goals not only for those who follow competitive sports, but also for those who do not participate in competitive activity. In fact, the study of musical forms and the application of kickboxing techniques as self-defense are also illustrated.

In conclusion, we are certain that for many it will not be anything new, and this program certainly does not want to be, while for others it will require an effort to move from the specialized study of a discipline to the study of the entire range of possibilities that our sport offers us and give us variety and options for an extended market in our respective countries. ▸

But why give it up?

The Grading Syllabus Committee advice to separate courses for everyone from the training for athletes (where specialization will be fundamental).



GENERAL RULES FOR EXAMINATION SESSIONS

The candidate must be in possession of a national federation document/sports passport, and must be registered at the WAKO membership system, which remains the only valid document as certification of the activity carried out and must always be presented at every Federal activity for the compilation, updating and certification of competitions, courses and grades. Furthermore, it must attach the medical certifications as per current regulations.

Grading Requirements: White Belt to Yellow Belt (Minimum 6 months of regular training)

1. Athletic Training

Objective: Develop muscle lengthening, joint mobility, and general pre-athleticism.

- Stretching Routine:
 - Dynamic stretching for 5-10 minutes (e.g., leg swings, arm circles).
 - Static stretching post-training, focusing on hamstrings, quadriceps, shoulders, and core.
 - Joint mobility drills (ankle circles, hip rotations, shoulder mobility).

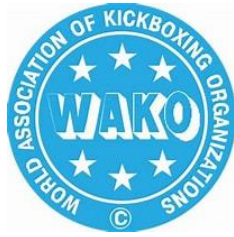
Assessment Criteria:

- Demonstrates flexibility appropriate for kickboxing techniques.
 - Shows controlled and fluid joint movement.
 - Completes exercises with proper form and technique.
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2. Guard Positions

Objective: Master basic guard positions for defensive and offensive maneuvers.

- Front Guard (Left and Right):
 - Hands up protecting the face, elbows close to the body.
 - Proper weight distribution for balance and quick transitions.



- Side Guard (Left and Right):
 - Lead hand slightly extended, rear hand protecting the chin.
 - Weight on the balls of the feet, ready to move.

Assessment Criteria:

- Demonstrates proper stance and hand positioning.
 - Transitions smoothly between left and right guards.
 - Maintains guard while moving forward, backward, and laterally.
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3. Stepping Movements

Objective: Develop coordinated footwork while maintaining guard and balance.

- Forward and Backward Stepping:
 - Step forward with the front leg, maintaining guard.
 - Step backward with the rear leg, keeping balance and guard intact.
- Advancing Step with Technique Execution:
 - Jab or cross while stepping forward.
 - Roundhouse kick while advancing.

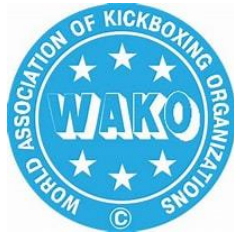
Assessment Criteria:

- Maintains balance and guard while moving.
 - Executes techniques fluidly during movement.
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4. Fundamental Techniques

4.1 Blocks

- High Block (Internal and External):
 - Deflect inward or outward with the palm or back of the hand.
- Medium Block (Internal and External):
 - Deviation inward or outward with the forearm.



- Low Block:
 - Push downwards with the palm of the hand.

4.2 Punches

- Jab: Quick, straight punch from the lead hand.
- Cross: Powerful, straight punch from the rear hand.
- Hook: Circular punch aimed at the opponent's side.
- Uppercut: Upward punch targeting the chin.

4.3 Kicks/Knees (K1 Rules)

- Front Kick to the Body: Push kick with the ball of the foot.
- Front Knee Kick to the Body: Driving knee strike aimed at the torso.
- Circular Knee Kick to the Body: Rotational knee strike targeting the opponent's midsection.
- Circular Low Kick to Thigh: Aimed at the opponent's thigh, above knee level.

Technical Note:

- All fundamental exercises must be performed with both left and right hands or legs.
- Techniques should be executed both stationary and while moving.

Assessment Criteria:

- Proper technique and precision for each strike and block.
- Demonstrates balanced footwork while performing combinations.
- Proper targeting and execution with both dominant and non-dominant sides.

5. Combinations

Objective: Combine basic strikes and movements fluidly and effectively.

1. Front Back Strike + Cross Punch + Front Leg Roundhouse Kick (from Lateral Guard)
2. Jab + Cross + Hook (Stationary and Forward Movement)
3. Middle or Low Block + Cross Punch Counter
4. Jab + Cross Punch + Front Leg Body Kick (Standing and Advancing)



5. Front Kick with Front Leg (Shifting Forward) + Jab + Cross Punch
6. Rear Leg Circular Low Kick (Advancing One Step) + Cross + Front Hook Punch

Assessment Criteria:

- Smooth transition between strikes and blocks.
 - Demonstrates rhythm and timing in combination execution.
 - Combos performed with both left and right stances.
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6. Tactical Training

Objective: Understand combat distance and application of techniques.

- Distance Awareness:
 - Short Distance: Close range for hooks and uppercuts.
 - Medium Distance: Optimal range for straight punches and knee strikes.
 - Long Distance: Effective for kicks and long-range punches.

Assessment Criteria:

- Identifies and maintains appropriate distance during practice and sparring.
 - Adjusts guard and footwork based on distance.
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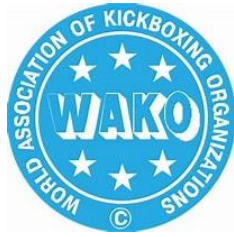
7. Knowledge and Theory

Objective: Develop a fundamental understanding of kickboxing history and governing bodies.

- Brief History of WAKO International:
 - Origins and establishment of WAKO.
 - Its role as the official global representative body for kickboxing.

Assessment Criteria:

- Correctly recounts the basic history and significance of WAKO.
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General Notes:

- All techniques must be demonstrated using both the left and right sides.
- Emphasis on coordination, speed, accuracy, and control.
- Regular assessment to track progress and identify areas for improvement.
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Grading Requirements: Yellow Belt to Orange Belt (Minimum 6 months after Yellow Belt promotion and regular training)

1. Athletic Training

Objective: Enhance cardiovascular endurance, coordination, and explosive power.

- Jump Rope Training:
 - Single skips, double skips, and cross skips.
 - Minimum duration: 3 minutes of continuous jumping.
- Running Techniques:
 - Sprints: Short-distance explosive running (e.g., 20m sprints).
 - Intervals: Alternating between fast-paced running and jogging (e.g., 30 seconds sprint, 30 seconds jog).
 - Blitz Runs: Sudden bursts of speed from a stationary position.

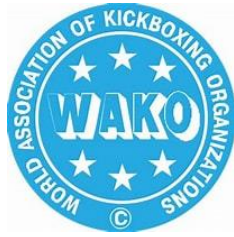
Assessment Criteria:

- Ability to maintain rhythm and coordination while jumping rope.
 - Demonstrates explosive speed and stamina during sprint and interval training.
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2. Guard Positions

Objective: Improve fluidity in transitioning between guards.

- Transition Techniques:
 - Move smoothly from Front Guard to Side Guard and vice versa without compromising balance or exposing vulnerabilities.



Assessment Criteria:

- Fluid and efficient transition between guards while maintaining readiness.
 - Ability to maintain guard position and proper stance throughout the transition.
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3. Movements

Objective: Master dynamic and evasive footwork to enhance mobility and defense.

- Semi-Sideway Movements: Shifting at an angle to create new attack lines.
- Sideway Movements: Lateral movements to avoid attacks or set up counters.
- Rear Foot Slipping (Drag Movement):
 - Dragging the rear foot as the front leg advances, maintaining balance and readiness.

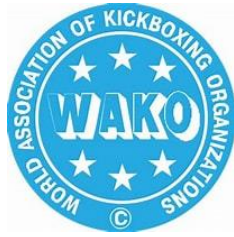
Assessment Criteria:

- Smooth and coordinated movement without losing guard or balance.
 - Swift and agile footwork while maintaining stance integrity.
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4. Fundamental Techniques: Blocks/Dodging, Punches/Elbows, Kicks/Knees, Clinch

4.1 Blocks/Dodging

- Low Block with Inside to Outside Deviation:
 - Deflecting a low attack by guiding it outward with the palm.
- Blocking with Tibia (Absorption against Low Kick):
 - Proper shin positioning to absorb the impact.
- Dodging Techniques:
 - Backward Trunk Dodge: Moving torso backward to avoid head strikes.
 - Torso Flexion Dodges (Left and Right): Bending laterally to evade hooks or straight punches.



Assessment Criteria:

- Effectiveness of blocks and dodges in simulated scenarios.
 - Demonstrates proper form and safety when executing defensive techniques.
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4.2 Punches (Including Point Fighting Discipline)

- Jab, Cross, Hook, Uppercut: Standard striking techniques.
- Internal Edge Hand Strike: Using the edge of the hand for fast point fighting strikes.
- External Edge Hand Strike: Opposite direction hand strike, typical for point fighting.

Assessment Criteria:

- Demonstrates speed, accuracy, and control during execution.
 - Maintains guard and balance during combinations.
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4.3 Kicks (Including K1 Rules)

- Front Kick to Body: Snap kick aimed at the torso.
- Front Knee Kick to Body: Driving knee forward into the opponent's midsection.
- Circular Knee Kick to Body: Rotational knee aimed at the torso.
- Circular Low Kick to Thigh: Targeting the opponent's thigh, above knee level.
- Roundhouse Kick to Head: High kick aimed at the opponent's head.
- Side Kick to Body: Powerful thrust kick targeting the ribs or midsection.
- Hook Kick to Head: Sweeping kick aimed at the opponent's face or neck.
- Sweep Kick: Using the sole to unbalance or sweep the opponent.

Clinch (K1 Rules)

- Holding and Controlling: Proper grip and control over the opponent while maintaining balance.

Assessment Criteria:

- Effective use of kicks and knees with speed and precision.
- Control and stability during clinch work.



5. Combinations

Objective: Develop complex combination skills integrating strikes, dodges, and transitions.

1. Unbalance (Side Guard) + Back Hand Strike + Blitz Strike (Sliding Forward)
2. Front Side Kick + Cross Punch
3. Front Side Kick (Shifting Forward) + Double Cross Punch
4. Hook Kick (Same Leg) + Circular Kick + Cross Punch
5. Side Kick + Roundhouse Kick + Cross Punch
6. Front Leg Front Kick (Shifting Forward) + Cross Punch + Side Step + Left Roundhouse Body Kick
7. Right Torsion Dodge + Cross Punch + Front Roundhouse Kick
8. Left Torsion Dodge + Front Hook Punch + Uppercut Punch
9. Low Kick on Outer Thigh + Absorption with Same Side + Cross Punch

Training Method:

- Practice combinations with a partner to develop timing and accuracy.
- Perform mirror work to improve coordination and self-correction.

Assessment Criteria:

- Demonstrates fluidity and precision during combination execution.
- Ability to execute combinations with both left and right stances.

6. Other Studies

Objective: Develop deeper knowledge and application of kickboxing techniques and history.

- Kickboxing History:
 - Detailed analysis of WAKO's role in the evolution of competitive kickboxing.
 - Understand the principles behind different kickboxing styles and rule sets.



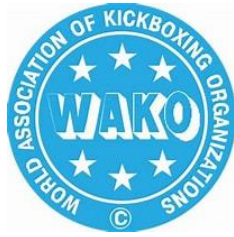
- Mirror Work:
 - Shadowboxing with attention to form, balance, and technique correction.
- Bag Work Introduction:
 - Striking drills to develop power and endurance.
 - Practice of combinations and single techniques on a heavy bag.
- Tactical Studies:
 - Combat Axis: Understanding how to enter and exit the combat axis efficiently.
 - Semi-Movements: Mastering small adjustments to maintain advantage.
 - Attack/Defense Strategy: Developing tactical awareness to switch between offensive and defensive stances.

Assessment Criteria:

- Demonstrates understanding of historical context and tactical concepts.
- Applies tactical knowledge effectively during sparring and drills.

General Notes:

- All techniques must be performed on both left and right sides.
- Emphasis on technical precision, fluidity of movement, and maintaining balance.
- Partner work and bag training are essential for skill reinforcement.
- Regular evaluation to track progress and make necessary adjustments.



Grading Requirements: Orange Belt to Green Belt (Minimum 6 months after Orange Belt promotion and regular training)

3. Athletic Training

Objective: Enhance endurance and power through interval training.

- Interval Training Introduction:
 - High-intensity intervals (30 seconds of maximum effort) followed by low-intensity recovery (30-60 seconds).
 - Incorporate running, jump rope, and shadowboxing intervals.
 - Recommended duration: 15-20 minutes per session.

Assessment Criteria:

- Demonstrates stamina and consistent effort during interval training.
 - Maintains proper technique and form under fatigue.
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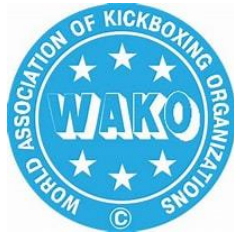
2. Movements

Objective: Master advanced footwork for fluid movement and balance.

- Switch:
 - Changing guard position by moving only the feet and returning to the initial position.
 - Ensures minimal telegraphing and maintaining balance.
- Semi-Shifts and Circular Shifts (Left and Right):
 - Semi-shifts: Small adjustments in stance to create angles.
 - Circular shifts: Full-body rotation to reposition without losing balance.

Assessment Criteria:

- Smooth transitions between guards with controlled movements.
 - Effective execution of circular and semi-shifts without compromising guard.
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3. Fundamental Techniques

3.1 Blocks/Dodging

- Circular Dodge (Left and Right):
 - Rotating the upper body to evade punches or kicks.
- Forearm Blocks:
 - Defending against punches and kicks aimed at the face or body.
 - Incorporate both inward and outward deflections.

Assessment Criteria:

- Proper blocking form without losing guard or stance.
 - Quick and efficient dodging movements.
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3.2 Punches (Including Point Fighting Discipline)

- Jab, Cross, Hook, Uppercut: Essential boxing techniques.
- Edge Hand Strikes (Internal and External): Fast and precise, aimed for point fighting scenarios.
- Front Direct Combination:
 - Jab followed by a powerful cross.
- Front Internal Cutting Stroke + Rear Internal Cutting Stroke:
 - Fast internal strikes with fluidity.
- Front Internal Cutting Stroke + Rear External Cutting Blow:
 - Combination to catch the opponent off guard.
- Switch + Jab + Cross Punch:
 - Rapid transition with combined offensive strikes.

Assessment Criteria:

- Accurate and powerful punches, maintaining guard and balance.
 - Seamless execution of combinations with speed and fluidity.
-



3.3 Kicks - Front and Rear Legs (Including K1 Rules)

- Front Kick to the Body: Push kick targeting the torso.
- Front Knee Kick to the Body: Powerful driving knee.
- Circular Knee Kick to the Body: Rotational knee strike.
- Circular Low Kick to Thigh: Targeting the opponent's thigh above knee level.
- Roundhouse Kick to Head: High-level circular kick.
- Side Kick to Body: Thrust kick aiming at midsection.
- Hook Kick to Head: Sweeping motion aimed at the face.
- Sweep Kick: Sole of the foot sweeping to destabilize opponent.

Advanced Kicks:

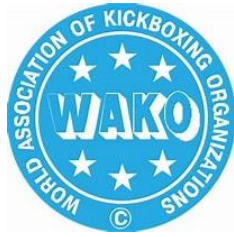
- Back Kick to Body: Power kick using the heel or sole.
- Axe Kick (Outside-Inside & Inside-Outside):
 - Performed with both front and rear legs.
- Kicks (Side and Hook) Rotating Rear Leg (Advancing from Front and Side Guard):
 - Combines rotational power with forward movement.
- Skipped Front Knee Kick (K1 Rules):
 - Dynamic knee strike while advancing.

Special Training:

- Kicks Performed with Elevated Front Leg: Enhances balance and precision.
- Serial Roundhouse Kicks (Minimum 5 Consecutive Kicks):
 - Demonstrates endurance and consistency.
- Sparring Without Opponent:
 - Shadow sparring to practice fluid technique combinations.

Assessment Criteria:

- Demonstrates balance, power, and speed in all kicking techniques.
- Executes advanced kick combinations with control and precision.



4. Combinations

Objective: Develop complex combination skills with fluid transitions and dynamic movements.

1. Front Leg Roundhouse Kick + Front Back Hand Strike + Cross Punch
2. Front Hook Kick with Double Movement + Sideway Butt Motion
3. Front Leg Roundhouse Kick + Hooked Kick + Cross Punch
4. Front Leg Roundhouse Kick + Spinning Back Hook Kick + Front Back Hand Strike
5. Front Leg Side Kick + Spinning Back Kick + Rear Cross Punch
6. Jab Punch + Cross Punch + External/Internal Axe Kick (Front Guard)
7. Sweep Kick (Sole of Foot) + Uppercut
8. Front Leg Front Kick + Internal/External Axe Kick with Rear Leg
9. Moving Forward External/Internal Axe Kick + Semi Sideways Movement + Rear Roundhouse Kick + Punch + Low Kick + Fake Punch + Cross Punch
10. Unbalance with Front Foot + Rear Front Knee Upright + Front Hook - K1 Rules

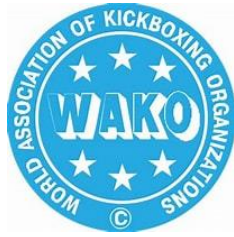
Assessment Criteria:

- Smooth and effective execution of combinations from both guards.
- Ability to integrate defensive movements with offensive combinations.

5. Other Studies

Objective: Deepen theoretical knowledge and tactical application in combat situations.

- Tactical Concepts:
 - Feints and Invitations: Techniques to provoke opponent reactions.
 - Anticipatory Strikes: Hitting before the opponent fully executes an attack.
 - Encounters and Throw-Ins: Defensive tactics to break rhythm or gain advantage.
 - Tight Ball Work: Close-range combination training to maintain pressure.



- Rule Knowledge:
 - Comprehensive understanding of different kickboxing specialties and their regulations (K1, Point Fighting, Low Kick, Full Contact).

Additional Training:

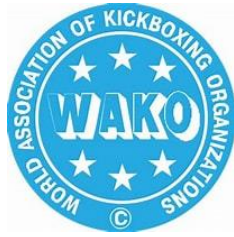
- Bag Work:
 - Incorporating combinations on the heavy bag for power and accuracy.
- Musical Forms and Aerokickboxing Performance (Alternative Assessment for Non-Competitors):
 - Choreographed routines demonstrating technical precision and rhythm.

6. Assessment and Participation Requirements

- Seminar Participation: At least one internship seminar conducted by a regional technician.
- Competition Requirement:
 - Participation in at least two regional competitions per year.
 - Alternative: Musical or aerokickboxing performance.

General Notes:

- All techniques must be performed using both left and right sides.
- Emphasis on technical precision, speed, and power during execution.
- Partner work, bag drills, and shadow sparring are essential for comprehensive training.



Grading Requirements: Green Belt to Blue Belt (Minimum 6 months after Green Belt promotion and regular training)

1. Athletic Training

Objective: Develop power, strength, and muscular endurance through power training.

- Power Training Introduction:
 - Plyometrics: Jump squats, box jumps, and explosive push-ups.
 - Strength Drills: Deadlifts, squats, and kettlebell swings.
 - Medicine Ball Training: Slams and throws to enhance core power.

Assessment Criteria:

- Demonstrates explosive strength and endurance.
 - Maintains form and technique throughout power movements.
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2. Movements

Objective: Develop agility and control through directional changes and complex footwork.

- Changes of Direction:
 - Combine rapid directional changes with semi-displacements and full displacements.
 - Maintain balance and guard during transitions.

Assessment Criteria:

- Demonstrates fluid and controlled directional changes.
 - Maintains balance while executing footwork variations.
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3. Fundamental Techniques

3.1 Punches and Strikes

- Rotating Backhand Strike:
 - Execute from a stationary position and while moving forward.



- Outer Edge Hand Strike (Top to Bottom):
 - Striking with the outer edge of the hand, following a downward trajectory.
- Circular Elbow Strike:
 - Impact delivered perpendicularly to the target.

Assessment Criteria:

- Accuracy and power in each strike.
 - Maintains defensive posture during execution.
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3.2 Kicks

- External/Internal Straight Leg Roundhouse Kick (Sole of the Foot):
 - Delivering a high, straight-leg kick using the sole.
- Internal/External Straight Leg Roundhouse Kick (Edge of the Foot):
 - Rotating motion with an outward or inward strike.
- Jumping Spinning Back Side Kick:
 - Elevation and rotation combined with a back kick.
- Jumping Spinning Back Hook Kick:
 - Elevation with a hooking motion to the head or upper body.
- Knee Strike Combinations (K1 Rules):
 - Front and posterior knee strikes from a standstill and moving forward.
 - Circular knee strike variations from both static and advancing positions.
- Switch + All Acquired Techniques:
 - Ability to seamlessly transition between techniques while switching stances.
- Serial Roundhouse Kicks (Sliding Forward):
 - Minimum of 5 consecutive roundhouse kicks, advancing with each.
- Hand-to-Hand Combat Techniques:
 - Techniques focused on close-quarters combat and grappling applications.



Assessment Criteria:

- Precision and control in elevated and spinning kicks.
 - Efficient use of both front and rear legs.
 - Combines power and fluidity when executing advanced kicks.
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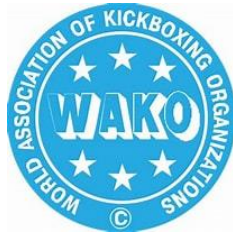
4. Combinations

Objective: Develop complex combination skills with feints, counters, and advanced movements.

1. Cross Punch Fake + Backhand Off-Balance Strike (Point Fighting Discipline)
 2. Backhand Strike + Direct Punch + Semi Backward Step + Front Side Kick with Sliding Front Leg (Point Fighting Discipline)
 3. Doubled and Tripled Kick Combinations:
 - Varying heights and targets for each kick.
 4. Feinting Front Hook Kick + Side Kick (Same Leg) + Front Backhand Strike (Point Fighting Discipline)
 5. Front Hook Kick as Defense Against Sweep to Front Foot
 6. Anterior Hook/Roundhouse to Face with Movement + Lateral Slide + Trunk Side Semi-Displacement + Change of Direction + Direct Punch
 7. Diagonal Semi-Shift + Change of Direction + Side Kick
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On Front Guard:

- Front Kick with Sliding + Back Side Kick + Cross Punch + Front Hook Punch
- Jab + Cross Punch + Upright Punch (Pulled with Lateral Semi-Shift) + Internal/External Axe Kick + Cross Punch
- Low Kick on Supporting Leg as Defense Against High Roundhouse Kick
- Sweep on Supporting Foot as Defense Against High Roundhouse Kick
- Switch Low Kick (Anterior) + Side Back Kick + Front Roundhouse Kick
- Roundhouse Kick to Face (Front Leg with Movement) + Back Kick to Body + Body Punch



- Jab + Cross Punch + Front Hook + Rotating Jumping Axe Kick + Low Kick (Opposite Leg) + Semi Side Shift + Headlock + Knee Strike (K1 Rules)

Assessment Criteria:

- Combos performed smoothly with appropriate speed and power.
- Utilizes footwork and switching techniques effectively.
- Demonstrates feints and deceptive movements integrated into combinations.

5. Other Studies

Objective: Demonstrate comprehensive knowledge of practical applications and theoretical aspects.

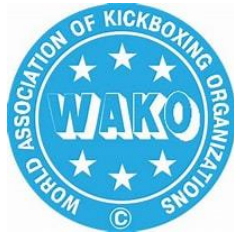
- Partner Techniques:
 - Ability to instruct a partner in executing techniques learned so far.
- Interval Bag Work:
 - Combining power strikes with interval pacing for endurance.
- Conditional Sparring:
 - Engage in controlled sparring, incorporating learned techniques and adapting to the opponent's movements.
- Striker Drills:
 - Practice using strike pads, focus mitts, and kick shields to improve targeting and impact.

Knowledge Requirement:

- Detailed understanding of interval training principles as applied to kickboxing.
- Knowledge of specialized techniques and their application in different combat scenarios.

6. Assessment and Participation Requirements

- Seminar Participation:
 - Attendance at at least one internship seminar led by a National Commission Technician in any kickboxing specialty.



- Competition Requirement:
 - Participation in at least one national-level competition in the examination preparation year.
 - Alternative Requirement (Non-Competitors):
 - Study and perfect a Musical Form or Aerokick Performance.
 - Demonstrate the ability to illustrate the structure and techniques theoretically.
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General Notes:

- All techniques must be performed using both the left and right sides.
- Emphasis on coordination, technical precision, and maintaining control throughout execution.
- Partner work, bag training, and sparring are essential components of the grading assessment.
- Demonstrate the ability to perform techniques fluidly and seamlessly transition between offensive and defensive movements.

Grading Requirements: Blue Belt to Brown Belt

(Minimum of 6 months after Blue Belt promotion and regular training)

1. Athletic Training

Objective: Develop strength, endurance, and agility through circuit training.

- Circuit Training Introduction:
 - Incorporate a combination of cardio, strength, and kickboxing techniques.
 - Exercises include jump squats, push-ups, burpees, roundhouse kicks, and shadowboxing.
 - Typical circuit structure:
 - Station 1: Power punches (30 seconds)
 - Station 2: Jumping jacks (30 seconds)
 - Station 3: Roundhouse kicks (30 seconds)



- Station 4: Burpees (30 seconds)
- Station 5: Rope skipping (30 seconds)
- Repeat the entire circuit 3-4 times with a 1-minute rest between sets.

Assessment Criteria:

- Maintains intensity and technique throughout the circuit.
 - Demonstrates endurance and proper execution of each exercise.
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2. Fundamental Techniques

Objective: Refine advanced striking techniques and integrate complex movements.

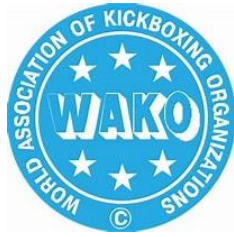
Blocks, Punches, and Kicks

Advanced Striking Techniques:

- Strike with the External Edge of the Hand (Point Fighting Discipline):
 - Fast, precise strikes aimed at the opponent's head or torso.
- Jumping Kicks (Elevation and Rotation):
 - Incorporate 180° and 360° rotations while maintaining balance.
- Hand-to-Body Work:
 - Techniques to enter the opponent's range safely, deliver strikes, and exit efficiently.
- Projection Techniques:
 - Perform a backward projection by pulling the opponent's front leg behind their lead leg.

Special Techniques:

- 180° and 360° Rotational Kicks:
 - Execute kicks in motion, integrating rotational speed and accuracy.
 - Jumping Kicks with Rotation:
 - Elevate and spin while delivering a powerful kick.
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3. Empty Fighting and Free Sparring

Objective: Demonstrate control, precision, and fluidity in a sparring environment.

- Empty Fighting Drills:
 - 1 Minute Boxing Only: Focus on upper body techniques.
 - 1 Minute Kicks Only: Demonstrate all learned kicking techniques.
 - 1 Minute Kickboxing (Mixed Techniques): Combine punches and kicks seamlessly.
- Free Sparring:
 - 1 Minute Semi-Contact: Emphasize control and precision.
 - 1 Minute Light/Full Contact: Demonstrate power and combination work.
 - 1 Minute Low-Kick: Focus on targeted low-kick applications.

Assessment Criteria:

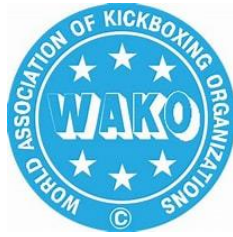
- Demonstrates fluid transitions between techniques.
- Maintains control and composure during sparring.
- Exhibits balance, speed, and accurate targeting.

4. Combinations

Objective: Develop advanced combination techniques from both side and front guards.

Side Guard Combinations:

1. Blitz (Back/Forehand) + Move Back + Direct Back:
 - Sliding forward with double circular kick + hook + direct punch.
 - (Point Fighting Discipline)
2. Side Kick + Diagonal/Backward Semi-Shift + Back Kick + Cross Punch.
3. Hook Kick + Diagonal Semi-Shift Backwards + Cross Punch.
4. Hook Punch + Hook Kick (Advancing in Rotation) + Roundhouse Kick (Same Leg).
5. Sliding Side Kick to Trunk + Hook/Roundhouse to Face (Same Leg) + Rear Internal Cutting Blow.
6. Series of Lateral/Circular Kicks (Doubled Trunk/Face) Sliding Forward:
 - At least 3 repetitions with fluid motion.



Front Guard Combinations:

1. Front Hook Kick + Cross Punch + Body Front Kick.
2. Front Leg Axe Kick + Cross Punch to Body + Low Kick to Thigh.
3. Direct Front Punch + Simultaneous Low Kick Absorption + Hook Punch Moving Forward + Low Kick.
4. Low Block with Deflection (Semi Backward Movement) + Circular Forward Movement + Low Kick + Punch.
5. Moving Forward Sweep (Sole of Front Foot) During Opponent's Rotational Kick Attack.
6. Butterfly Kicks (3 Roundhouse Kicks Jumping and Rotating with the Back Leg).

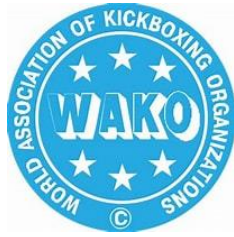
5. Other Studies

Objective: Master ring control, edge management, and competition tactics.

- Fight Edge Tactics:
 - Avoiding Cornering: Techniques to escape being trapped in corners.
 - Exploiting Rope and Corner Positions: How to use the ropes and corners to gain leverage or set up attacks.
- Tactical Knowledge:
 - Techniques for controlling the ring and keeping opponents at a disadvantage.
 - Countering attempts to pin or corner.

6. Presentation and Performance

- Musical Form or Aerokickboxing Performance:
 - Must present a choreographed routine demonstrating precision, rhythm, and flow.
 - Performance must highlight both technical ability and creativity.
 - Mandatory for Non-Competitors: Performance must be structured and well-rehearsed, illustrating mastery of fundamental and advanced techniques.



7. Participation and Competency Requirements

- Seminar Attendance:
 - Participation in at least two internship seminars with National Technicians from two different specialties, or attendance at the National Internship Seminar of the Federation for comprehensive updates on all specialties.
- Competition Requirement:
 - Participation in at least one national-level competition during the preparation period.

Assessment Criteria:

- Demonstrates advanced technical skills with control and fluidity.
- Exhibits tactical awareness and ring control.
- Presents a well-prepared performance or competition record as required.

General Notes:

- Techniques must be performed on both left and right sides.
- Emphasis on technical precision, speed, and power.
- Partner drills, bag work, and sparring are essential components of assessment.
- Control and composure must be maintained during free sparring and combination drills.

Grading Requirements: Brown Belt to Black Belt

(Minimum of 12 months after Brown Belt promotion and of regular training)

Minimum Age: Candidates must be 16 years old in the year of grading.

1. Prerequisites and Theoretical Requirements

- Written Paper: A short paper on the History of Kickboxing, covering its evolution, major milestones, and WAKO's role in the sport.



- Refereeing Knowledge: Possession of a Qualified National Referee "C" Certificate is recommended to demonstrate understanding of official rules and regulations.
 - Theoretical Study:
 - Candidates must be able to explain Speed Resistance Training Methods, including their purpose and application.
 - Demonstrate an understanding of functional anatomy and physiology related to kickboxing performance.
-

2. Athletic Training

Objective: Enhance speed resistance and apply advanced theoretical knowledge.

- Speed Resistance Training:
 - Short, intense bursts of speed followed by rapid recovery.
 - Drills include:
 - Sprint Intervals: 30 seconds max speed, 30 seconds rest.
 - Explosive Combinations on Heavy Bag: 20 seconds of rapid striking, 10 seconds rest.
 - Power Plyometrics: Box jumps and jump squats for explosive power.

Theoretical Application:

- Candidates must explain the purpose and benefits of speed resistance training, including its impact on endurance, agility, and reaction time.

Assessment Criteria:

- Demonstrates practical application and theoretical understanding of speed resistance methods.
 - Maintains technical accuracy even under fatigue.
-

3. Fundamental Techniques

Objective: Master advanced variations and counter techniques.



3.1 Advanced Kicks

- Variation of the Hook Kick:
 - Pulled in rotation, with the leg collected from a short distance.
- External/Internal Axe Kick (Diagonal Impact):
 - The kick lands diagonally, hitting from outside-in or inside-out.

3.2 Advanced Blocking and Parrying

- Adaptive Blocking Techniques:
 - Ability to apply parries, blocks, and deviations against all known strikes.
- Semi-Shifts and Full Shifts:
 - Integrate movement techniques with all known strikes for dynamic defense and countering.

Assessment Criteria:

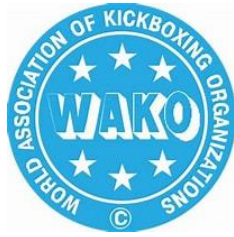
- Demonstrates precise execution and variation of all known techniques.
 - Combines movement with defensive and offensive strategies effectively.
-

4. Combinations

Objective: Perform complex combinations from side and front guards with fluidity and control.

Side Guard Combinations

1. Fake Front Foot Strike (Springboard for Blitz) + Blitz (Back/Forehand)
 - Used to deceive and break the opponent's defense.
2. Fake Back and Front Side Kick to Trunk + Roundhouse Kick to Face:
 - Combine deceptive kicks to confuse the opponent's guard.
3. Jumping Front Circular Kick + Jumping Back Kick:
 - Executed with fluid motion and balance.



4. Serial Roundhouse Kicks (Sliding Forward, Differentiating Targets) x3 + Blitz (Backhand/Direct Punch)
 - Demonstrate speed and accuracy with changing targets.
 - (Point Fighting Discipline)
 5. Step Back (Rotating) + Rotating Side Kick (Offense and Defense) + Direct Back Kick with Opposite Leg.
 6. Step Back (Rotating) + Rotating Hook Kick (Defense) + Direct Back Kick with Opposite Leg.
-

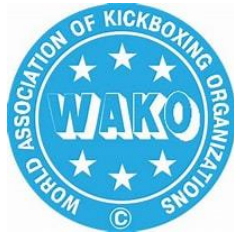
Front Guard Combinations

1. Direct Punch + Front Uppercut + Low Kick:
 - Combine head and body strikes efficiently.
 2. Jab + Cross Punch + Switch/Low Front Kick + Direct Back Kick:
 - Fluid transition from punches to kicks.
 3. Circular Dodge to Right + Front Hook to Body + Direct Punch to Face + Low Kick to Inner Thigh + Direct Punch:
 - Combines evasive maneuvering with precise strikes.
 4. Sliding Front Side Kick + Low Kick (External Support) + Roundhouse Kick to Face:
 - Integrates linear and circular strikes.
 5. Cross Punch + Roundhouse Kick + Rear Spinning Back Hook Kick:
 - Demonstrates rotational power and control.
 6. Front Roundhouse Kick (Sliding) + Jumping Roundhouse Kick in Rotation:
 - Fluid combination with seamless transition.
-

5. Self-Defense and Tactical Applications

Objective: Demonstrate the practical application of kickboxing techniques in self-defense scenarios.

- Face Punch Defense:
 - Demonstrate defensive strategies against a direct facial attack.



- Personal Defense Actions:
 - Integrate combinations to neutralize an aggressive opponent using learned techniques.
-

6. Sparring and Combat Situations

Objective: Demonstrate combat proficiency, control, and adaptability.

- Empty Fighting (3 Rounds):
 - 1 Minute Boxing Only: Fluid and fast-paced punching combinations.
 - 1 Minute Kicks Only: Demonstrates mastery of all kicking techniques.
 - 1 Minute Kickboxing (Mixed Techniques): Integrates all learned techniques into fluid combinations.
- Free Sparring (3 Rounds):
 - 1 Minute Semi-Contact: Focus on precision and control.
 - 1 Minute Light/Full Contact: Demonstrates power and endurance.
 - 1 Minute Low-Kick Fighting: Targeting the legs effectively.

Assessment Criteria:

- Maintains composure and technique under pressure.
 - Demonstrates adaptability and strategic decision-making.
 - Utilizes advanced combinations and counters effectively.
-

7. Other Studies and Competency Requirements

Objective: Demonstrate comprehensive knowledge of competition rules and kickboxing tactics.

- Competition Regulations:
 - Show in-depth understanding of rules across all WAKO Kickboxing disciplines (Semi, Light, Full, Kick).
 - Understand the tactical use of the ring's edges and corners.



- Tactical Studies:
 - Master ring awareness and techniques to escape corners and utilize ropes to gain leverage.
 - Study the edge of the competition square and how to manage an opponent in such situations.
-

8. Presentation and Performance

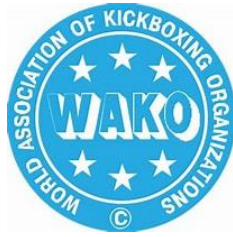
- Musical Form or Aerokickboxing Performance:
 - Mandatory for non-competitors.
 - Must demonstrate rhythm, coordination, and technical proficiency.
 - Highlight advanced techniques and combinations seamlessly.
-

9. Participation and Certification Requirements

- Regional Referee Experience:
 - Participation as a referee in at least one regional competition.
- Specialty Seminars:
 - Participation in at least one seminar for each kickboxing disciplines (point fighting, light contact, kick light, full contact, low kick, K1 Rules, Forms), led by a National Technician.

General Notes:

- Techniques must be performed using both the left and right sides.
- Emphasis on speed, accuracy, power, and controlled application.
- Candidate must exhibit advanced tactical awareness and decision-making.
- Successful candidates will demonstrate comprehensive knowledge and mastery of all previous syllabus elements.



Grading Requirements: 1st Dan Black Belt to 2nd Dan Black Belt

Minimum Time Requirement: Two (2) years of regular training after achieving the 1st Dan Black Belt.

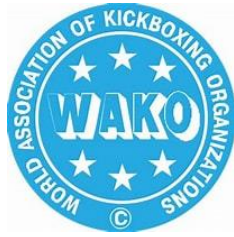
1. Prerequisites and Theoretical Requirements

Theoretical Knowledge:

- Rational Training Programs:
 - Demonstrate the ability to develop structured training plans that incorporate all previously studied methods, including:
 - Strength Training
 - Speed and Speed Resistance Training
 - Power Training
 - Circuit and Interval Training
 - Explain how to balance intensity, volume, and recovery for different training phases (preparation, competition, recovery).
 - Advanced Functional Anatomy and Physiology:
 - Detailed understanding of muscle groups involved in different strikes and movements.
 - Knowledge of energy systems used during different intensities and durations of kickboxing bouts.
 - Nutrition for Kickboxers:
 - Elementary concepts of sports nutrition, including macronutrient balance (carbohydrates, proteins, and fats), hydration strategies, and pre/post-workout nutrition.
-

2. Athletic Training

Objective: Develop advanced conditioning and integrate all training methods into structured programs.



- Complex Circuit Training:
 - Combine speed, power, endurance, and coordination within a single session.
 - Focus on maintaining technical precision under fatigue.
- Strength and Speed Integration:
 - Plyometric drills combined with speed and power training to optimize explosive movements.

Assessment Criteria:

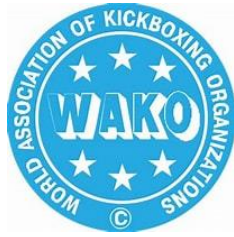
- Demonstrates well-organized training sessions with clear objectives.
- Maintains technical quality even during intensive training.
- Can articulate the reasoning behind each element of the training plan.

3. Technique and Tactics

Objective: Demonstrate mastery of all previously learned techniques, including advanced combinations and tactical applications.

Advanced Combinations and Technique Mastery:

1. Combination Series (Punches and Kicks):
 - Integrate punches with advanced kicks such as spinning, jumping, and rotating techniques.
 - Include fist strikes from both front and rear positions, demonstrating fluid transitions between guard changes.
 - Combine strikes in support, elevation, rotation, and in series for fluid offensive and defensive patterns.
2. Advanced Tactical Combinations:
 - Develop complex combination sequences, including deceptive movements and countering strategies.
 - Combine footwork, guard changes, and hand-leg coordination seamlessly.



3. Advanced Defense Techniques:

- Incorporate parries, blocks, and dodges in complex sequences.
- Demonstrate adaptive defense based on the opponent's stance and movement.

Technical Mastery Demonstration:

- Perform all techniques with both left and right sides.
- Integrate footwork and guard transitions seamlessly into combinations.
- Display control, speed, and power consistently.

4. Advanced Knowledge and Kickboxing Classification

Objective: Classify kickboxing qualities and explain key physical and mental attributes.

Qualities of a Kickboxer:

1. Organic Qualities:

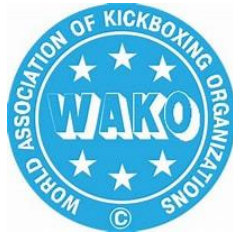
- Cardiovascular Endurance: Ability to sustain high-intensity effort over time.
- Muscular Endurance: Maintaining striking power throughout a bout.
- Anaerobic Power: Delivering explosive strikes and combinations.

2. Muscular Qualities:

- Strength: Essential for delivering powerful strikes and maintaining stance stability.
- Power: Converting strength into fast and forceful strikes.
- Flexibility: Enhancing range of motion for kicks and evasive movements.

3. Perceptual-Kinetic Qualities:

- Spatial Awareness: Knowing distance and positioning relative to the opponent.
- Reaction Time: Fast responses to sudden attacks or opportunities.
- Timing: Executing techniques at the most advantageous moment.



4. Psychic Qualities:

- Mental Toughness: Enduring physical and mental fatigue.
 - Strategic Thinking: Adjusting tactics based on the opponent's weaknesses.
 - Concentration: Maintaining focus despite pressure or fatigue.
-

5. Presentation and Knowledge Demonstration

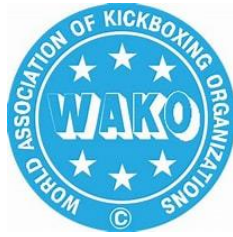
Objective: Articulate the concepts and qualities of kickboxing through a structured presentation.

- Statement and Explanation:
 - Verbally present the qualities of a kickboxer, explaining each quality and its relevance to high-level performance.
 - Demonstrate the application of these qualities during practical demonstration sessions.
-

6. Free Sparring and Controlled Combat Demonstration

Objective: Demonstrate application of advanced techniques under dynamic and realistic conditions.

- Structured Sparring Sessions:
 - Controlled Sparring: Showcase combinations and defense with fluid transitions.
 - Pressure Sparring: Adapt to unexpected movements and counters.
 - Full Contact Sparring: Maintain composure, technique, and strategy even under pressure.
- Free Sparring Sessions:
 - Technical Sparring: Emphasize precision and technique.
 - Tactical Sparring: Apply learned strategies and adaptive combat skills.
 - Simulation of Competitive Bouts: Replicate a real competition setting with official rules and scoring.



Assessment Criteria:

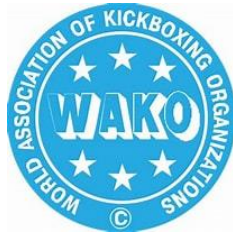
- Demonstrates mastery of all advanced techniques under pressure.
 - Maintains consistent quality and technical accuracy.
 - Shows strategic adaptability and composure in sparring.
-

7. Practical and Theoretical Exam Components

- Written Exam:
 - Covering functional anatomy, physiology, kickboxing history, and tactical principles.
 - Explain how to develop rational training programs for athletes of various levels.
 - Practical Demonstration:
 - Execute a structured series of advanced combinations.
 - Demonstrate tactical knowledge in sparring scenarios.
 - Present a brief summary of speed resistance training and its practical application.
-

8. Evaluation and Certification Requirements

- Demonstrate all learned techniques (1st Dan to 2nd Dan) with accuracy and fluidity.
 - Participate in seminars and workshops led by senior instructors to stay updated on techniques and training methods.
 - Perform advanced combinations and tactics with seamless integration and strategic application.
 - Show comprehensive understanding and application of nutritional principles related to athletic performance.
-



9. General Notes:

- Candidates must present an organized approach to both training and demonstration.
- Emphasis is placed on both technical precision and practical application.
- Demonstrate an understanding of how to train athletes and design training programs for both competitive and non-competitive settings.
- Must display leadership qualities and coaching capability to guide lower belt levels.

Grading Requirements: 2nd Dan Black Belt to 3rd Dan Black Belt

Minimum Time Requirement: Three (3) years of regular training after achieving the 2nd Dan Black Belt.

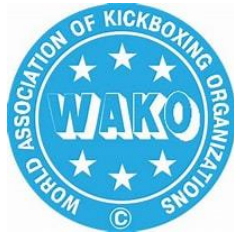
1. Prerequisites and Theoretical Requirements

Thesis Submission:

- Each candidate is required to write a thesis on a topic of their choice related to any aspect of kickboxing.
 - Topics may include:
 - Advanced technical analysis of specific techniques.
 - Periodization and athletic preparation for kickboxing athletes.
 - Nutritional strategies for competitive performance.
 - Psychological aspects of kickboxing training and competition.
 - Historical and cultural aspects of kickboxing evolution.
-

2. Athletic Preparation and Periodization

Objective: Demonstrate an advanced understanding of athletic preparation, periodization, and training strategies.



2.1 Periodization Knowledge:

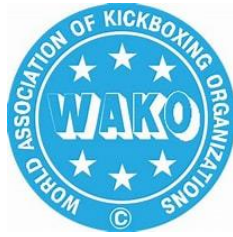
- Understand and implement a structured training plan divided into:
 - Preparatory Period:
 - Focus on building a solid foundation of endurance, strength, and technique.
 - Incorporate general and specific conditioning.
 - Competitive Period:
 - Peak physical and technical readiness.
 - Emphasis on speed, power, and fight-specific training.
 - Transitional Period:
 - Active recovery and maintenance of fitness between competitive seasons.
 - Prevents burnout and reduces injury risk.

Technical and Tactical Application of Periodization:

- Integrate technical drills, sparring routines, and conditioning exercises into each period.
- Adjust training volume and intensity to match the athlete's competition schedule and recovery needs.
- Demonstrate how periodization enhances peak performance and minimizes injury risk.

2.2 Nutritional Theory and Application:

- Nutritional Planning for Athletes:
 - Develop comprehensive meal plans for the preparatory, competitive, and transitional periods.
 - Explain macronutrient requirements and meal timing.



- Pre-Competition Nutrition:
 - Carbohydrate loading strategies.
 - Optimal protein intake to maintain muscle mass.
 - Hydration protocols and electrolyte balance.
- During Competition:
 - Fast-digesting carbohydrates for sustained energy.
 - Electrolyte replenishment and hydration strategies.
- Post-Competition Recovery:
 - High-quality protein to support muscle recovery.
 - Glycogen restoration through carbohydrate intake.
 - Rehydration and electrolyte replacement.

Nutritional Goal:

- Demonstrate the ability to gain, maintain, or cut weight efficiently while preserving performance and endurance.
-

3. Advanced Technical and Tactical Application

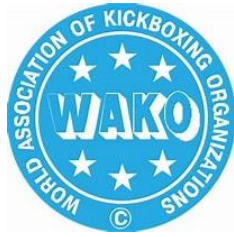
Objective: Demonstrate complete mastery of previous techniques, with advanced combinations and tactical awareness.

3.1 Advanced Technique Mastery:

- Perfect execution of all techniques from 1st Dan to 2nd Dan, with fluidity and power.
- Show seamless transitions between strikes, defenses, and footwork.

3.2 Tactical Integration:

- Demonstrate the ability to develop and execute fight strategies based on an opponent's strengths and weaknesses.
 - Apply counter-striking and evasive movements effectively during sparring.
 - Use feints, deceptive movements, and combination variations to gain tactical advantage.
-



4. Advanced Sparring Demonstration

Objective: Apply advanced techniques, combinations, and tactical strategies in live sparring.

Sparring Scenarios:

1. Technical Sparring:
 - Focus on precision, control, and technique application.
2. Tactical Sparring:
 - Demonstrate strategy adaptation based on the opponent's fighting style.
3. Full-Contact Sparring:
 - Combine power and technical precision under real fight conditions.
4. Competitive Bouts Simulated:
 - Replicate official competition scenarios under WAKO rules.

5. In-Depth Study of Competition Regulations

Objective: Demonstrate thorough knowledge of all kickboxing specialties and their regulations.

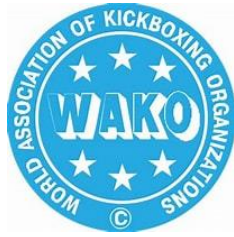
- Competition Rules and Tactics:
 - Understand the differences between Semi-Contact, Light-Contact, Full-Contact, Low-Kick, and K1 Rules.
 - Be proficient in officiating and judging criteria for each discipline.
 - Apply edge control and ring management tactics efficiently.

6. Practical Examination

Objective: Showcase the culmination of technical, tactical, athletic, and theoretical skills.

6.1 Practical Demonstration:

- Advanced Combinations and Variations:
 - Demonstrate advanced combinations involving strikes, kicks, rotations, and evasive movements.



- Defensive and Offensive Integration:
 - Display effective blocking, parrying, and counter-attacking.

6.2 Sparring Demonstration:

- Controlled Sparring:
 - Emphasize technique and strategy.
- Competitive Sparring Simulation:
 - Full-contact sparring to demonstrate power, endurance, and tactical adaptability.

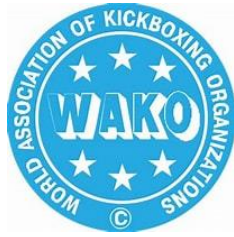
7. Presentation and Oral Examination

Objective: Demonstrate the ability to articulate and explain advanced kickboxing concepts.

- Oral Presentation:
 - Present the written thesis and discuss its key points with examiners.
 - Answer questions related to the chosen topic and demonstrate in-depth understanding.
- Verbal Defense of Training Concepts:
 - Explain the practical application of periodization, nutrition planning, and technical strategy.
 - Illustrate how these concepts directly impact competitive performance and athlete readiness.

8. Evaluation and Certification Requirements

- Performance Criteria:
 - Demonstrate excellence in technique, endurance, power, and strategic awareness.
 - Exhibit leadership qualities and instructional capability to guide lower belt levels.



- Seminar Participation:
 - Attend advanced training seminars and workshops led by master instructors.
 - Competition Experience:
 - Show participation in national or international level competitions or provide evidence of officiating at regional or national levels.
-

General Notes:

- Holistic Approach: Demonstrate not only technical prowess but also a profound understanding of training principles and athlete development.
- Leadership and Teaching Ability: Showcase the ability to instruct and mentor lower belt levels.
- Complete Mastery: Demonstrate control, precision, and efficiency in all movements and techniques.

Promotion 1st to 3rd Dan WAKO Black Belt – National Level

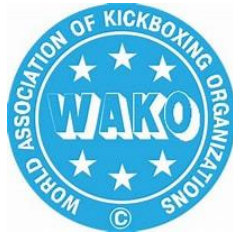
To obtain a WAKO International Black Belt Dan certificate and ID card candidates shall gain their promotion from 1st to 3rd Dan Black Belt through their National Association.

The National Association shall set the rules and guidelines for their 1st to 3rd Dan Black Belt promotions*.

The National Association might release, besides the WAKO International Black Belt certificate, their own National Black Belt certificate and shall set their promotion fees and regulations.

Promotion 4th to 7th Dan WAKO Black Belt

To obtain a WAKO International Black Belt Dan certificate and ID card for 4th to 7th Dan, candidates must attend an “**International WAKO Sport Seminar**” Seminar. The request must be made at least 3 months before the Seminar/Promotion, with written permission from their National Association (NA) who shall send the request to the WAKO HQ.



Above mentioned seminars might be organized at Continental level before or after a WAKO programmed WORLD and/or Continental event.

The candidate's National Federation President may be invited to join the **International Grading Panel**, to enhance the credibility and have oversight of the grading process.

Promotion /Grading requirements for 4TH Dan Black Belt to 7th Dan Black Belt.

4th to 5th Dan – 5 years of regular training from the previous 4th Dan Black Belt examination)

5th to 6th Dan – 6 years of regular training from the previous 5th Dan Black Belt examination)

6th to 7th Dan – 7 years of regular training from the previous 6th Dan Black Belt examination)

Notes

- Perfect knowledge of the entire previous program is required plus... ability to develop a nutritional plan for a competitive athlete.
- Each candidate is required to write a thesis on a topic of their choice regarding any aspect of kickboxing of at least 8 pages including a max. of 5 pictures.
- The request for admission to the examination/grading must contain the authorization of the National Technical Federation/Committee.
- Dan ranks might be awarded on the initiative of the Board of Directors.
- Knowledge of the competition regulations.

Promotions from 8th to 10th Dan WAKO Black Belt

Promotions for 8th to 10th Dan Black Belt are released by the WAKO Board of Directors according to:

- I. A minimum of 35 years of dedication and affiliation to Kickboxing and WAKO.
- II. Presented only by the President of WAKO, by majority decision of the Board Directors, or, on very special occasions, to other **very important and loyal WAKO Members**, by majority decision by the Board of Directors.
- III. The Board of Directors may issue honorary Dan certificates by a majority decision by the Board of Directors.



International Grading Panel

The International Grading Panel consists of:

- the Chairman Grading Syllabus Committee or a person indicated by Chairman Grading Syllabus Committee
- one (1) WAKO Board Member or a person indicated by the President.
- the President of the candidate National Federation or a person indicated by the President of the National Federation.
- Any other person indicated by the WAKO Board of Directors.