

Kassido- Sanatani Martial Art Bharat

Belt Wise Syllabus

S.N	Belt	Course
1.	White Belt (3 Months)	Running, Warm up exercises, Frog jump, Duck walk (daily), Kin geri, Mae geri, Mae Kagi Geri, Out to in, In to out (in air and on hand), All three punches & Blocks (At place), Discipline, Kassido Rules, Kalpyodhan 1. Speed 30 sec.- Kicks (30) and punches (120)
2.	Yellow Belt (3 Months)	Kicks & Punches step forward, Four steps Mawasi geri & Yoko geri (1 month), Mae geri & Kin geri Balancing, Bridge, Hand Stand, Cart wheel, Discipline, Kassido Rules, Kalpyodhan 2. Speed 1 min- Kicks (60) and Punches (240)
3.	Orange Belt (3 Months)	Mawasi geri, Yoko geri step forward and balancing, Move out to in and in to out, Punches Blocking in Pair, Three punch and blocking combinations, Yoko geri & Mawashi geri in Pair, Hand stand, Kalpyodhan 3. Speed 1.30 min- Kicks (90) and Punches (360)
4.	Green Belt (3 Months)	Fight techniques, Jump move Out to in, Jump Mae Kagi geri, Jump Yoko geri, Ushiro yoko geri, Move Mawashi geri, Punch on stomach in pair, Kicks Blocking in pair- Mawashi geri, Yoko geri, Mae geri, Out to in and in to out. One hand cart wheel, Kick Pad Practice, Kalpyodhan 4. Speed 2 min- Kicks (120) and Punches (480)
5.	Blue Belt (3 Months)	Shutto Uke, Shutto Ochi, Round Kick, Jump Mawashi geri, Front leg Mawashi geri & Yoko geri, Dojing Mawashi geri, One hand cart wheel, Front flip, Hand walk, Kick Pad Practice, Kalpyodhan 5. Speed 2.30 min- Kicks (150) and Punches (600)
6.	Purple Belt (3 Months)	Step Round kick, Jump move Mawashi geri, Four Kicks Combination, Jump Ushiro yoko geri, Hand stand pushups, Combination kicks (two kicks without jump), Round off, Kick Pad Practice, Kalpyodhan 6. Speed 3 min- Kicks (180) and Punches (720)
7.	Red Belt (3 Months)	Jump Round kick, Step jump Round, Combination kicks (two kicks jump), Back flip, Kalpyodhan 7. Kick bag practice (Compulsory) Speed 3.30 min- Kicks (210) and Punches (840)
8.	Brown Belt (3 Months)	Three kicks combination (All types), Back flip, Kalpyodhan 8. Kick bag practice (Compulsory) Speed 4 min- Kicks (240) and Punches (960)
9.	Pre Black Belt (6 Months)	One Jump two kicks, Locks, Accuracy, Balancing, Power, Speed in all Kicks and punches, Kalpyodhan 9. Kick bag practice (Compulsory) Speed 5 min- Kicks (300) and Punches (1200)
10.	Black Belt	Meditation, Locks, Mastery in all tasks.

NOTE: 1. Minimum five tournaments are compulsory to participate to earn Black Belt.
2. If student is not able to cover syllabus in time limit than coach will decide the test time.
3. Breaking starts from Blue Belt examination.

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