

Grading Format Kickboxing / Boxing

Kickboxing / Boxing Grading

Separate bar singlet grades

10.00pm Doors open

**10.15am Adults Brown to Black singlet & Bar grading & Black/Red singlet grade
Black/Red singlet grading (120 minute grading) Term 2/4 only
Bar grade & singlet Grade (90 minute grading) Term 2/4 only**

**11.45pm Adults Green to Brown singlet and Bar grading
Singlet grade (55 minute grading) & Bar grade (50 minutes grading)**

12.35-1.05pm LUNCH BREAK (SAUSAGE SIZZLE)

**1.05pm Teens Green to Brown singlet and Bar grading
Singlet grade (55 minute grading) & Bar grade (50 minutes grading)**

**1.55pm Adults Orange to Blue, Blue to Green singlet grading
-Hand out mouth guards to Blue singlets & manuals to Greens
Singlet grade (35 minute grading)**

**2.25pm Teens Orange to Blue, Blue to Green singlet grading
-Hand out mouth guards to Blue singlets & manuals to Greens
Singlet grade (35 minute grading)**

**3.00pm Adults White to Yellow & Yellow to Orange singlet grading
Singlet grade (20 minute grading)**

**3.30pm Teens White to Yellow & Yellow to Orange singlet grading
Singlet grade (20 minute grading)**

4.00pm Boxing Grading – all levels grade on day at the same time

4.30pm ALL HELP TO PACK UP BEFORE GOING HOME

Thank you to all helpers, students, parents and teachers to make these grading days run so smoothly. Without your support these gradings would not be possible. A sausage sizzle will be running during the day. All Students are required to turn up at least a half hour before your scheduled grading time. No Kickboxing classes on the morning of the Karate and Kickboxing grading days.