



BRISTOL — SCHOOL OF — KARATE

KICKBOXING

SYLLABUS

2026 EDITION



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BRISTOL
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WHITE



BEGINNER

KICKS

Front

STRIKES

Jab, Cross

COMBO

Jab, Cross, Lead Hook, Cross
Reverse Front Kick



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BRISTOL
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YELLOW



KICKS

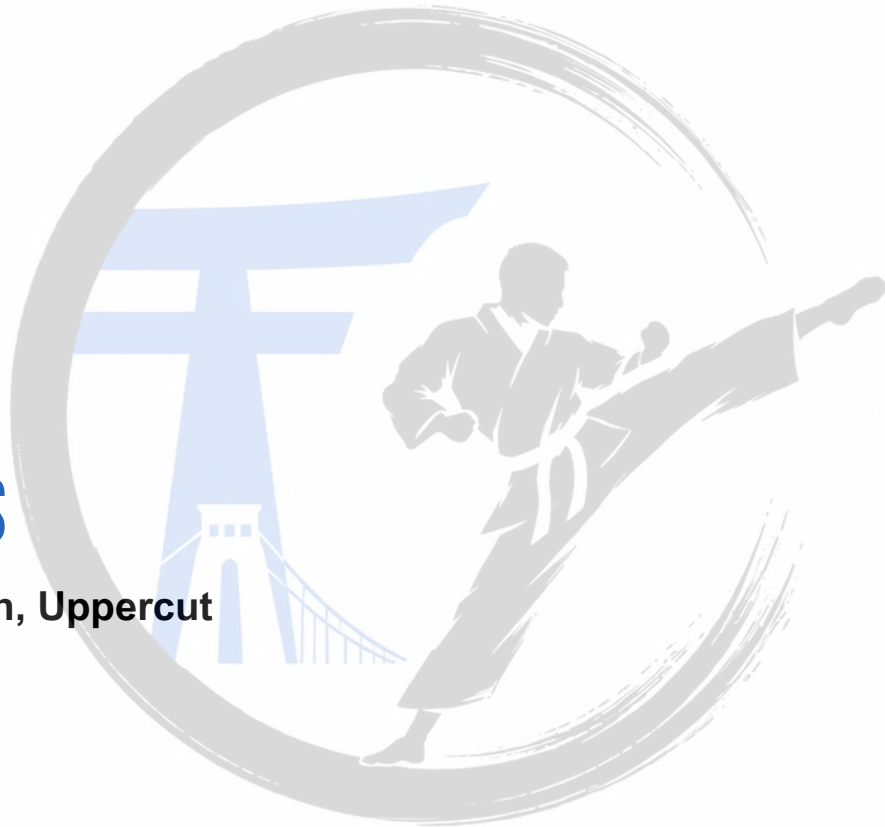
Round

STRIKES

Hook Punch, Uppercut

COMBO

Lead Round Kick, Lead Side Backfist,
Cross to the Body



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ORANGE



KICKS

Side Kick

STRIKES

Back Fist, Ridge Hand

COMBO

Jab, Lead Uppercut, Cross, Reverse Round Kick,
Skip Lead Side Kick



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BRISTOL
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GREEN



KICKS

Spin Back Kick

STRIKES

Round Elbow, Rising Elbow

COMBO

Jab, Cross, Bob & Weave, Cross, Lead Hook,
Spin Back Kick



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BLUE



ADVANCED

KICKS

Crescent Kick (outside / inside)

STRIKES

Slips, Bob & Weaves

COMBO

Skip Lead Side Kick, Lead Side Backfist, Cross to the Body, Reverse Ridge Hand, Outside Crescent Kick, Spin Back Fist



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PURPLE



KICKS

Axe Kick

STRIKES

Shovel Punch

COMBO

Jab, Cross, Hook, Cross, Jab, Cross, Jab, Cross, Jab, Cross,
Hook Cross, Bob & Weave, Right Head Cover, Cross



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BRISTOL
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RED



KICKS

Hook Kicks (reverse / spin)

STRIKES

Corkscrew Back Fist / Spin Back Fist

COMBO

Double Jab, Reverse Ridge Hand, Reverse Round Kick, Skip Lead Hook Kick, Lead side Back Fist, Cross, Lead Hook, Cross, Lead Upper Cut, Superman Punch.



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BRISTOL
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GREY



KICKS

Jumping Kicks

STRIKES

Parries, Covers

COMBO

Jumping Lead Front Kick, Jab, Slip, Lead Hook, Cross, Bob & Weave, Cross, Lead Shovel Punch, Lead Hook, Cross, Switch Round Kick, Pop Spin Back Kick.

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BRISTOL
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BROWN



KICKS

Tornado Kick

STRIKES

Reinforced Elbow, Spiking Elbow

COMBO

Triple Pump Round Kick (Low, Middle, High), Lead Side Back Fist, Cross, Jab, Lead Uppercut, Cross, Reverse Round Kick, Tornado Kick



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BRISTOL
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BROWN / BLACK STRIPE



KICKS

Tsunami Kick

STRIKES

Superman Punch

COMBO

Skip Lead Side Kick, Retreating Back Fist, Reverse Round Kick, Spin Back Kick, Pull Back, Lead Down Parry, BLITZ, turn, Tornado, Tsunami.



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BRISTOL
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BLACK / WHITE STRIPE & BLACK BELT



THESE ARE YOUR ULTIMATE TESTS

There are no more Kicks, Strikes or Combos to learn. You will be tested on your knowledge of all previous moves and your aptitude to perform them in line work, pad work and sparring.

Your Final test will be the 6 person Cauldron, Goodluck, and remember!

A Black Belt is just a White Belt Who Doesn't Quit!



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