

Great British Savate Federation Junior Grading Syllabus

Guidance Notes

This document explains the levels of grading which are available specifically for juniors (under 18 years old), and guides examiners on how to grade the student. It is complementary to the standard glove gradings. Juniors may choose to grade from the glove syllabus as well or instead of this syllabus, with the guidance of their instructor. Juniors may take as many levels as they wish and there is no requirement to complete all levels before moving to the glove-based syllabus, but as with the glove syllabus they must start from the first level and may neither skip levels, nor take more than one level at the same time.

Whilst the adult grading syllabus is examined purely in terms of technical proficiency, the junior grading syllabus aims to promote personal growth and provide support and encouragement during a student's involvement in Savate, as well as helping to keep them engaged. The junior grades are a reflection of effort, involvement and development for the child. The examiner is primarily looking for progression in terms of:

- understanding of the situation and what is going on around them
- co-ordination
- ability to listen and act
- ability to respond and react
- understanding and acting on spatial awareness (e.g. different parts of the body to strike, movement)
- effort and involvement with the class
- respect and good nature
- heart and spirit
- community spirit and supporting fellow students

Gradings may be run in-house, so long as the senior examiner holds Red Glove and Initiateur status (or above), and the examiner has been approved by the DJN and DAN as a suitable examiner (this requires discussion to make sure the purpose and practice of the gradings has been fully understood, so that grading quality is controlled). If this is not the case, then an instructor (of suitable qualification) from another club can come in and lead the grading. The format and running of the grading is up to the instructor/examiner, since many aspects of what the examiner is looking for are best assessed by someone who trains with the child on a regular basis. For instance, the examiner may choose the assessment period to be over weeks, rather than in an evening.

Level 1

As this is an early level, this level can be in mixed French and English. Level 1 is building foundations, aimed at children aged 4/5 upwards who train once or twice a week. They should be used to teaching incorporating stretching drills, footwork exercises, basic strikes, blocks and avoiding movements. Using visual tools such as pads helps the child/children relate to your teaching. Junior level grades are about the child's growth into Savate. It is recommended that a child be training at least 4 to 6 months before being put forward for grading.

Warm up

Footwork Drills / Side to Side / in and Out / Circle / Switch (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Stretching Exercises

Section 1 - attack strikes

Partner Training Balance Drills: Fouetté (hook/whip kick) / Chassé Frontal Médian (Push Kick)

Section 2 - combinations

Pad training: Direct Avant (jab) / Direct Arrière (Cross) / Fouetté Médian (hook/whip kick) / Chassé Médian

Section 3 – Duo

Duo Training Attack drills (Tick Tock): Direct Figure Avant (Jab –Head) / Direct Figure Arrière (Cross-Head) / Fouetté Médian (hook/whip kick Body) / Chassé Frontal Médian (Push Kick Body)

Defence Punches (Pad or Glove)-/ Cover /Parry

Defence Kicks (Glove) -/ Footwork-/ Backwards/ Side to side/ Circle

Section 1 guidance

The assessor's aim is to evaluate what understanding the student has of what he/she is being taught. Please note that age and attendance at class must be taken in to consideration. As examples:

Does the Child understand instructions on how to warm up for training? (Does the Child respond to the instructor's commands?) (Yes/ Needs assistance/ No)

Can the Children/Child get into stance? (Yes/ Needs assistance/ No)

Can the Children/Child follow footwork drills? (Yes/ Needs assistance/ No)

Section 2 guidance

Can the Child/Children demonstrate a Jab/Cross when told in English (if need be) and respond the same way when told in French? (Yes/ Needs assistance/ No)

Can the Child/Children demonstrate push kick when told in English (if need be) and respond the same way when told in French. (Yes/ Needs assistance/ No)

Can the Child/Children demonstrate whip kick when told in English (if need be) and respond the same way when told in French. (Yes/ Needs assistance/ No)

Section 3 Duo Training

The instructor in charge will call out Duo/ Tick Tock single strike movements from section 3 first in English and then in French. The aim is to see if the student can make contact with the other student. The students can block and avoid.

Level 2*Warm up*

Warm up and stretching exercises/Foot work drills – Forward, backwards, circle, side step (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Section 1 - Attack Strikes

Hand strikes: Direct Avant Figure (Jab)/ Direct Arrière Figure (Cross)/ Crochet (Hook)

Kicking strikes: Chassé Frontal Médian (Push Kick to the body)/ Fouetté Médian/ Bas (Whip Kick to the Body /leg)/ Coup de Pied Bas (Low Sweep Kick)

Defence Movements: Blocking (Parade Bloquant)/ Parry Avoiding (Parade)/ Foot Blocking (Parade Bloquant)

Section 2 - Combination strikes

Direct Figure- Fouetté Médian/Bas

Direct Figure- Chassé Frontal Médian/Bas

Direct Figure- Crochet Figure- Fouetté Médian/Bas

Direct Figure - Crochet Figure - Chassé Latéral Médian

Direct Figure - Coup De Pied Bas

Section 3 - Duo

Duo training theme: Avoid attack (escape / parry) and respond with a strike. The use of parries can be applied along with the avoiding.

STUDENT A

STUDENT B

Chassé frontal Médian (Push Kick Body)

Avoid & Counter Fouetté Médian (Hook/whip kick Body)

Fouetté Médian (Hook/whip kick Body)

Avoid & Counter Fouetté Médian (Hook/whip kick Body)

Direct Figure Avant/Arrière (Jab - Cross)

Avoid & Counter Fouetté Médian (Hook/whip kick Body)

Direct Figure Avant/Arrière (Jab - Cross)

Avoid & Counter Chassé Frontal (Push Kick)

Section 4 - Introduction to Assaut environment to develop single or multiple exchanges

1 Presenting with their salute / 2 understanding En Garde (On Guard) / 3 Allez (go)

Notes to Instructor

Please note that the aim is to show progression from Level 1. Section 2 has the student able to show knowledge of extra strikes and combinations. Section 3 the duo training will let the examiner see how the student responds with another student. Section 4 is introducing the student into the Assaut environment. A one or two strike sparring rule could be introduced to see how the student responds to the sparring environment

Level 3*Warm up*

Warm up and stretching exercises/Foot work drills – Forward, backwards, circle, side step (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Section 1 - attack strikes

Hand strikes: Direct Avant Figure (Jab)/ Direct Arrière Figure (Cross)/ Crochet Figure (Hook)

Direct Avant Corps (Jab)/ Direct Arrière Corps (Cross)/ Crochet Corps (Hook)

Kicking strikes: Chassé Frontal Médian (Push Kick to the body)/ Chassé Latéral Médian (Side Kick Body)/ Fouetté Médian/Bas (Whip Kick to the Body/leg)/ Coup de Pied Bas (Low Sweep Kick)

Defence movement: Blocking / Parry- Foot blocking against low kicks / Esquive (Avoiding) Foot work- Backwards/sideways/ circle

Section 2 - Combination Strikes

Chassé Frontal Arrière Bas – Fouetté Avant Médian (Rear push Kick- Front whip Kick)

Fouetté Figure - Fouetté Bas (whip kick Head – whip kick leg)

Chassé Latéral Médian Avant – Chassé Frontal Arrière (Front Side Kick- Rear Push Kick)

Coup de Pied Bas Arrière - Fouetté Avant Médian (Rear Low Sweep Kick – Front whip kick)

Section 3 - Duo

Duo training theme: I Hit and avoid being hit back. The use of parades (parries) can be applied along with the Esquive (avoiding).

STUDENT A

STUDENT B

Direct Figure Avant- Arrière (Jab – Cross)

Fouetté Médian (Whip Kick Body)

Chassé Latéral Médian (Side Kick body)

Chassé Latéral Bas (Side kick Leg)

Direct Avant Figure (Jab to the Head)

Coup de Pied Bas Arrière (Sweep Kick Rear Leg)

Chassé Bas (Push Kick leg)

Fouetté Bas (Whip Kick Leg)

Section 4 - Introduction to assault environment to develop single or multiple exchanges and policing contact levels

1 Presenting with their salute/ 2 understanding En Garde (On Guard) / 3 Allez (go)

Notes to instructor

Level 3 is designed to introduce new striking and footwork movements, kicking combinations using both legs and the skill of hitting and avoid being hit back. Please note that the aim is to show progression within section 2 & 3 with the student able to show knowledge of extra strikes and combinations. Section 3 will let the examiner see how the student responds with another student. Section 4 is continuing the student's introduction into the assault environment. A one strike or two strike sparring rule could be introduced to see how the student responds to the sparring environment.

Level 4

Please note that in level 4 we are moving more towards the French Terminology and less of the English.

Warm up

Warm up and stretching exercises/Foot work drills – Forward, backwards, circle, side step (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Section 1 – attack strikes

Shadow boxing: the examiner will call out individual strikes in French while the student is shadowboxing

Hand strikes: Direct Avant Figure (Jab) / Direct Arrière Figure (Cross)/ Crochet Figure (Hook)

Direct Avant Corps (Jab) / Direct Arrière Corps (Cross) / Crochet Corps (Hook)

Kicking strikes: Chassé Frontal Médian (Push Kick to the body)/ Chassé Latéral Médian (Side Kick Body)/ Fouetté Médian/Bas (Whip Kick to the Body & the leg)/- Coup de Pied Bas (Low Sweep Kick)/ Revers (Frontal or Latéral)

Section 2 - technical exercises

The aim of section 2 is to judge if the student can attack different areas of the body using the same kick with the same foot. This is done in duo form.

Fouetté Avant or Arrière /1 Bas- Médian / 2 Médian- Figure /3 Figure – Bas /4 Bas –Figure

Chassé Frontal Avant or Arrière / 1 Médian-Bas / 2 Bas –Médian / 3 Figure- Médian

Chassé Latéral Avant or Arrière / 1 Médian-Bas / 2 Bas – Médian

Revers Avant or Arrière/ 1 Bas- Figure / 2 Figure – Médian

Section 3 - duo training

Student A attacks with a double attack and student B must either avoid or parry and counter with a double kick.

STUDENT A

Direct Avant-Arrière Figure

Direct Avant Figure/ Chassé Avant Latéral

Crochet Arrière/ Crochet Avant

STUDENT B

Double Fouetté

Chassé Latéral Médian/Bas

Chassé Frontal Médian/Bas

Section 4 Assaut Sparring

3 x 1min rounds

By level 4 a child should have been training 2 years in Savate so their understanding of how to compete in competition assault should be good. Watch them spar 3x1mins rounds with 30 second rest in-between while changing partners.

Level 5

Note to Instructors: please note that in level 5 all commands will be in French Terminology

Warm up

Warm up and stretching exercises/Foot work drills – Forward, backwards, circle, side step (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Shadow boxing/ the examiner will call out individual strikes in French while the student is shadowboxing

Section 1 – attack strikes

Hand strikes: Direct Avant (Jab) Figure/ Direct Arrière (Cross) Figure/ Crochet (Hook) Avant/Arrière Figure/ Uppercut/ Direct Avant (Jab) Corps/ Direct Arrière (Cross) Corps / Crochet (Hook) Avant/Arrière Corps

Kicking strikes: Chassé Frontal Médian (Push Kick to the body) / Chassé Latéral Médian (Side Kick Body)/ Fouetté Médian/Bas (Whip Kick to the Body/the leg)/- Coup de Pied Bas Arrière-Avant (Low Sweep Kick) / Revers (Frontal or Latéral)

Spinning Kicks: Chassé Latéral Tournant (spinning side kick) Median/Bas / Revers Frontal Tournant (spinning outside crescent) Figure/ Revers Latéral Tournant (spinning reverse kick) Figure/Bas

Section 2 - technical exercises

The aim of section 2 is to judge if the student can counter attack using Débordement and Décalage, responding with a strike on the Bas, Médian and Figure targets. This is done in duo form.

STUDENT A

Direct Figure / Chassé Frontal

Direct Figure / Chassé Latéral

Direct Figure / Fouetté Bas

Direct Figure / Fouetté Figure

STUDENT B

Décalage- Fouetté

Décalage- Chassé Latéral

Débordement- Fouetté

Débordement –Chassé Frontal

Section 3 - Duo Exercise

The aim of section 3 is to show that the student can move from boxing range to kicking range

1 Direct Avant- Arrière- Crochet Figure – Décalage- Fouetté Bas

2 Direct Arrière-Crochet Arrière Figure- Décalage- Chassé Latéral

3 Chassé Frontal- Direct Figure- Décalage – Revers Latéral

4 Fouetté Avant- Crochet Avant – Décalage -Chassé Frontal

Section 4 - Assaut Sparring

3 x 1min rounds

By level 5 a child should have been training 2.5 years in Savate so their understanding of how to compete in competition assault should be good. Watch them spar 3x1mins rounds with 30 second rest in-between while changing partners.

Level 6

Note to Instructors: please note that in level 6 all commands will be in French Terminology

Warm up

Warm up and stretching exercises/Foot work drills – Forward, backwards, circle, side step (Please note this part of the Syllabus can be adjusted to suit the individual instructors).

Shadow boxing/ the examiner will call out individual strikes in French while the student is shadowboxing, also calling out Débordement & Décalage.

Section 1 – attack strikes

Hand strikes: Direct Avant (Jab) Figure/ Direct Arrière (Cross) Figure/ Crochet (Hook) Figure/ Uppercut/ Direct Avant (Jab) Corps/ Direct Arrière (Cross) Corps / Crochet (Hook) Corps

Kicking strikes: Chassé Frontal Médian (Push Kick to the body)/ Chassé Latéral Médian (Side Kick Body)/ Fouetté Médian/Bas (Whip Kick to the Body/the leg)/- Coup de Pied Bas (Low Sweep Kick) Arrière-Avant / Revers (Latéral or Frontal)

Spinning Kicks: Chassé Latéral Tournant (spinning side kick) Median/Bas / Reverse Frontal Tournant (spinning outside crescent) Figure/ Revers Latéral Tournant (spinning reverse kick) Figure/Bas

Section 2 – technical exercises

Duo technical training kicking range to punching range to kicking range

Chassé Latéral - Fouetté – Direct Avant-Arrière- Crochet Corps - Décalage - Fouetté or Chassé Latéral

Chassé Frontal Arrière – Fouetté Avant – Direct Corps Arrière - Crochet Figure - Débordement – Fouetté or Chassé Frontal

Tournant Chassé Médian Avant - Fouetté Figure Avant (Same Leg) - Direct Figure – Décalage - Fouetté

Revers Figure - Fouetté Figure - Chassé Médian (Same Leg)- Direct Figure- Direct Corps - Décalage Fouetté - Débordement – Fouetté

Section 3 Assaut Sparring

3x1.5 mins Rounds – Assessing:/ Timing / Distance / Contact / Diversity / Heart / Spirit