



Spoqcs International Federation Grading Syllabus

Introduction

The regulation of Spoqcs Grading Syllabus was developed in 2013 and its last update was in 2017, which was approved by the Technical Council and the Executive Committee of SIF. The regulation is still being upgraded and any update after approval by the SIF Executive Committee, Will be notified to members.

What is SPOQCS?

SPOQCS is a new combat sport for all developed by the **Grand Master Hashempour Pashaki**, using years of experience in martial arts and studying the history of ancient Iranian martial arts and indigenous, local and traditional sports. The exciting and fascinating sport of SPOQCS has its roots in the rich and ancient history of Iran martial arts including "sword ship, Types of Stick games and traditional wrestling's.

SPOQCS's fundamental principles include: Speed and agility, alertness and strength. Therefore, the word "SPOQCS" is abbreviation for words "**S**port, **Q**uicker, **C**lever, **S**tronger". SPOQCS is a set of fast and subtle movements. In this sport, all the muscles and joints of the body are used. spoqcs is a high activity sport and a very popular and title one. In this sport, athletes will strengthen their speed and agility, flexibility, quick response to the actions and their harmony and balance. Due the simple design of the basis of training and competition in the sport of SPOQCS in 3 parts of safe fencing (sword and sponge spear), hand-to-hand combat (a combination of easy kicks and traditional wrestling) and execution of forms with and without weapons are designed and is divided, there is no restrictions on age, sex and it is applicable to all the members of society in all places and thus everyone can deal with it in gyms, offices, schools, parks in order to enhance the confidence and freshness and enjoy in their leisure time. It is rare to find someone who does not have a wooden or plastic sword in their childhood toy collection. We have all somehow experienced childish fencing and sticks in childhood and even life, and even wrestling and wrestling, and sometimes we go through it in our memories. Yes, the sport of Spoqcs is in fact the "**childhood nostalgia**" of all of us.

The Spoqcs Oath

*I shall observe the tenets of Spoqcs
I shall respect my instructors and seniors
I will never misuse Spoqcs
I will be a champion of justice and freedom
I shall build a more peaceful world*

The Tenets of Spoqcs

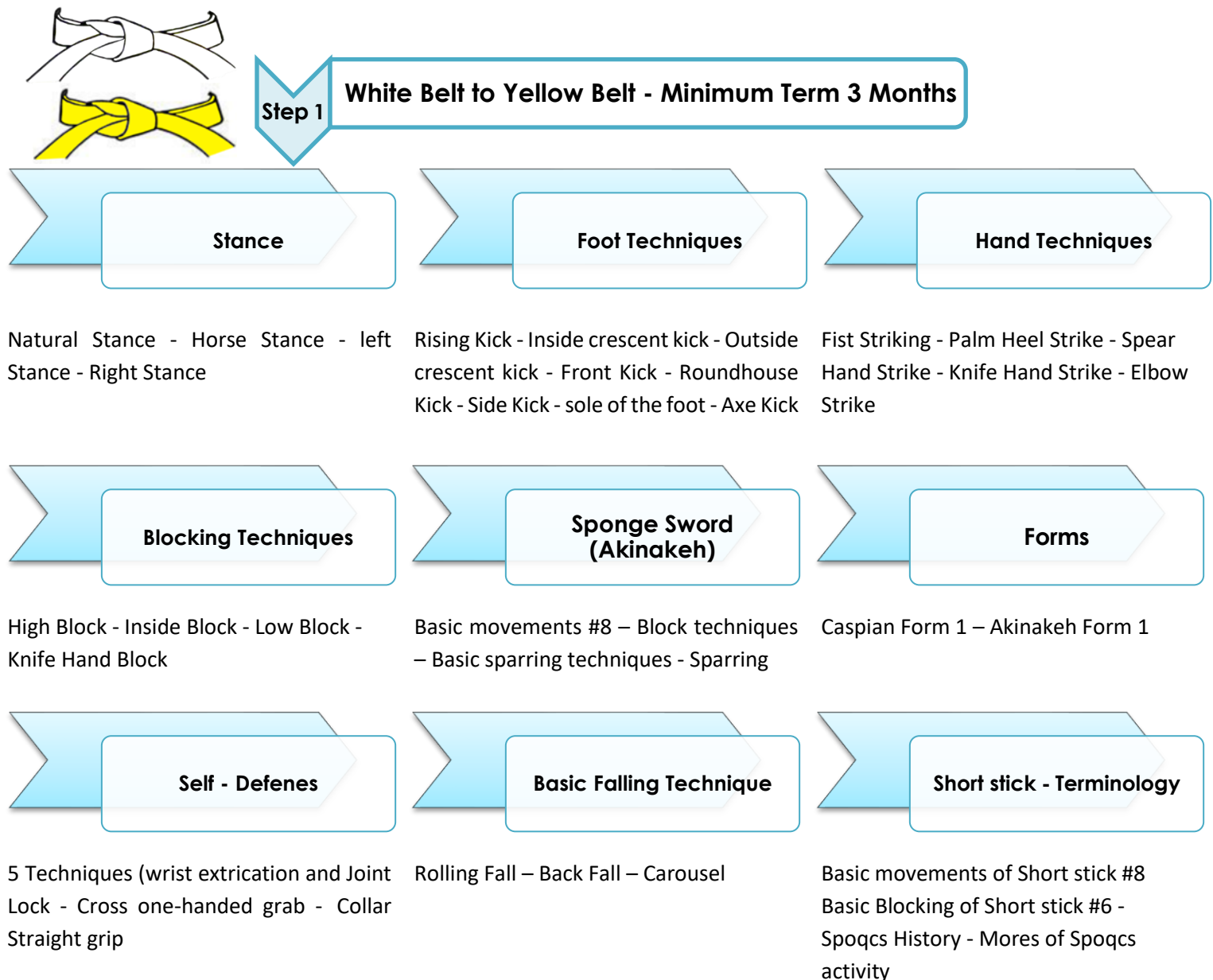
*Courtesy
Integrity
Perseverance
Self-control
Indomitable Spirit*

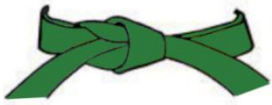


SPOQCS Belt System

Based on the standard defined by the Spoqcs International Federation there are 6 steps (Gam) to get from the white belt to the black belt in SPOQCS. These 6 steps of teaching basic to black belt techniques are planned in 6 belts. Including White, Yellow, Green, Blue, Red and Black Belt. Keep in mind that the belt colors are standardized and observance of designed and standard training topics" basic techniques up to the black belt" is mandatory for all members. Spoqcs as combative sport for all, includes a variety of skills that offer several choices in how to respond to a given attack or situation: Hand and Kick' strikes, Falls, Blocks, Self-Defense, Weapons, Forms (with weapons and without weapons), Sparring (with weapons and without weapons)

Grading Syllabus and Training Period





Step 2 **Yellow Belt to Green Belt - Minimum Term 3 Months**

Foot Techniques

Hook Kick – Spin Kick – Sweep Kick -
Combination Kicks (Step 1 and Step 2)

Combination Techniques

Hand, Kick, Blocking Techniques
Step1 and Step 2

**Double Sponge Sword
(Joff Akinakeh)**

Basic movements #8 – Block techniques
Basic sparring techniques - Sparring

**Hand to Hand Combat
(Nabard)**

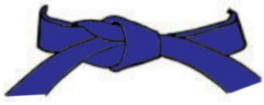
Basic Foot Techniques – Basic Throwing
Free Sparring

Form

Double Sword (Joff Akinakeh 1)

Self - Defenes

Punch defense techniques #4 - Hugging of
front and back #4- Foot defense techniques
#4 - Neck grab #2 - Short stick Blocking



Step 3 **Green Belt to Blue Belt - Minimum Term 4 Months**

Foot & Hand Techniques

Tornado Kick – Jumping Kick #3 – Punch
and Kick Combine

**Long Sponge Sword
(SOUSAR)**

Basic strikes - Basic Blocking – Combine
Strikes & Blocking – Basic Sparring
Techniques

Self - Defenes

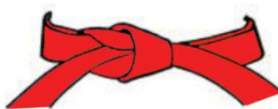
Defense against Knife techniques #3
Defend against attack from behind

Form

Sousar 1 (Long Sword Form)
Tak Chob 1 (Single Short Stick Form)

**Double Short Sticks
(Do Chob)**

Basic strikes - Basic Blocking – Combine
Strikes & Blocking – Basic Sparring
Techniques



Step 4

Blue Belt to Red Belt - Minimum Term 6 Months

Foot & Hand Techniques

Develop Skills of Previous Degrees

**Sponge Spear
(Zhobin Taksar)**

Basic strikes - Basic Blocking – Combine Strikes & Blocking – Basic Sparring Techniques

Form

Caspian Form 2 (without weapons)
Chob Boland 1 (Long stick form 1)
Gavan Kan Form 1 (Nunchaku form 1)

Self - Defenes

Defense against short stick or sword
Defense against grab with two hands
Defense by Short Stick against attack with Stick, knife and etc.

Acrobat

Helicopter - Helicopter Cartwheel



Step 5

Red Belt to Black Belt - Minimum Term 7 Months

Foot & Hand Techniques

560 Spin Kick – 560 Roundhouse Kick
Jumping Spin Kick - Combine Kicks
Punch, Block and Combine Kick

**Two head Sponge Spear
(Zhobin Dosar)**

Basic strikes - Basic Blocking – Combine Strikes & Blocking – Basic Sparring Techniques

Form

Das Form 1 (Kama 1)
Do Chob 1 (Double Short Stick Form 1)

Self - Defenes

Bodyguard Techniques - Belt technique
Surprise techniques (Police)
Replacement techniques

Acrobat

Flips – Butterfly Kick

Terminology

Knowledge of the Spoqcs International Federation - Knowledge of the Spoqcs competition types and rules - Knowledge of the Spoqcs Grading Syllabus