

Black Belt - 2nd Dan

Must be running / assisting in a least one class a week and be able to teach basic hand and feet combinations techniques.



Black belt fitness on the examiners request.

2 x 5k Run

1. Hand Techniques

- Step forward and jab with the front hand, reverse punch with the back hand, back fist with the front hand, back fist with the back hand, step back and double ridge hand.
- Hook punch with the front hand, upper cut with the back hand, cross punch with the front hand and elbow strike inwards with the back hand.
- Step forward and elbow inwards with the front hand, step forward and elbow outwards with the front hand, elbow strike upwards with the front hand, step forward and elbow strike downwards with the front hand.
- Palm strike with the front hand, reverse punch with the back hand, hammer inwards with the front hand and palm strike with the back hand.
- Lunge punch with the front hand, back fist with the front hand, step forward and hammer fist downwards with the front hand and back fist with the front hand.

Hand set Seven

- Jab with the front hand, lunge punch with the front hand, ridge hand with the front hand, reverse punch with the back hand, ridge hand with the back hand and step forward elbow strike upwards with the front hand and elbow strike outwards with the front hand

2. Feet Techniques

- Jumping front kick with the back leg, jumping front kick with the front leg, spinning hook kick with the back leg.
- Hook kick with the front leg, spinning crescent kick with the back leg, spinning broom sweep with the back leg.
- Front snap kick with the front leg, side kick with the front leg and hook kick with the back leg.
- Spinning axe kick with the back leg, step back and jumping back kick.
- 360° roundhouse kick with the back leg, roundhouse kick with the front leg, jumping front kick with the front leg.
- Crescent kick with the front leg and tornado kick with the back leg.
- Jumping double roundhouse kick (jumping split kick)

Feet set seven

- Front kick, roundhouse kick with the front leg, side kick, hook kick with the back leg, spinning hook kick with the back leg and jumping back kick.

3. Blocks

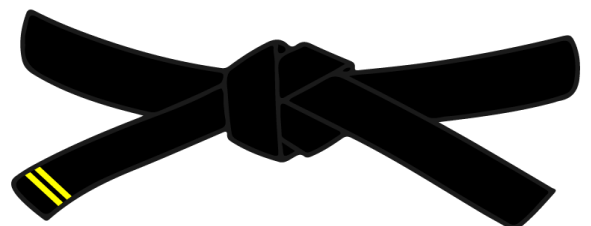
- Lower block with the back hand, middle block with the front hand, step forward, upper block with the front hand, double spear hand block downwards.
- Elbow block with the front hand, upper spear hand block with the back hand, elbow block with the back hand and lower spear hand block with the front hand.
- Double spear hand block upwards, step forward and lower block with the front hand, double spear hand block downwards and step back and upper block with the back hand.

Basic Block Kata

- Basic Belt Block Kata A, B, C and D

Black Belt Block Kata

- Black Belt Block Kata A, B, C, D and E.



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Block Set seven

- Upper block with the front hand, lower block with the back hand, middle block with front hand, middle block with the back hand, elbow block with the front hand, elbow block with the back hand.

4. Combinations

- Front kick, roundhouse kick, side kick, hook kick and roundhouse kick with the front leg to the head area.
- 360° whirlwind kick, spinning hook kick
- Ridge hand with the front hand, hammer fist inwards with the back hand, front kick with the back leg and roundkick and side kick with the front leg.
- Sweep with the front leg, axe kick with the back leg, reverse punch downwards and knee drop.

Combination Set Seven

- Crescent kick with the front leg, axe kick with the back leg, double side kick with the front leg, spinning hook kick with the back leg, hook kick with the front leg.

Kickboxing set seven

- Jab with the front hand, cross punch with the back hand, jumping knee up and forward with the back leg, roundhouse kick with the back leg, whip kick with the front leg and spinning broom sweep.

5. Counter Techniques

(All to be performed once on each stance)

- Partner jabs to the head with the front hand – block and any six counter techniques
- Partner reverse punches to the stomach – block and any six counter techniques
- Partner ridge hands with the front hand – block and any six counter techniques
- Partner front kicks with the back leg – block and any six counter techniques
- Partner roundhouse kicks with the front leg – block and any five counter techniques
- Partner roundhouse kicks with the back leg – block and any five counter techniques
- Partner back kicks to the stomach – block and any five counter techniques
- Partner side kicks to the stomach – defence block and any five counter techniques
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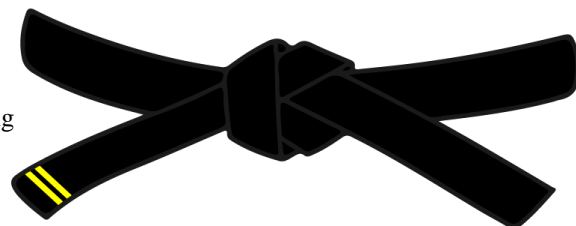
(Accurate in both stances x 2)

One Step Sparring

Your own sets on both stance demonstrating techniques for each as below

- Basic – attack with punch to head
- Advanced – attack with punch to stomach
- Take Down – attack with front kick to stomach
- Combination – attack with roundhouse kick to the head

(step to the side and palm block with the back hand, front kick with the front leg, roundhouse kick with the back leg, hook kick with the front leg, palm strike with the front hand, palm strike with the back hand, side kick with the front leg, jumping spinning back kick with the back leg)



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6. Defence

Break free and counter with self defence techniques to the following

- Straight punch to face.
- Hook punch to the head
- Knife attack holding at the throat
- Knife attack stabbing downwards to the head
- Knife attack slashing across the face from inside to outside.
- Knife attack slashing across the face from outside to inside.

- Any attack on examiners request

8. Sparring

- 3 x 1½ minutes of semi-contact points sparring.
- 2 x 1 minutes of semi-contact continuous sparring.

You will need – sparring equipment (Hand, feet, head, shin, groin and gum shield)

(Recommended) 8/10/12oz continuous gloves

Students are required to complete a minimum of three of the Black Belt pre testing session (within 3 months of current Belt Testing).

On belt testing day you will be tested on your balance and control, and your attitude, effort from classes and on your testing day.

Students should have been put forward for testing by their instructor and completed a minimum of three pre testing classes.

Students should have a current United Family Martial Arts Association licence booklet.

Students should have full martial arts uniform and current belt.

Belt Testing's term and conditions

(<https://hickskarateschool.mymamembers.com/belttestingstc/>)

