

Black Belt - 3rd Dan

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

Black Belt Fitness on the examiners request.

1. Hand Techniques

- Jab with the front hand, lunge punch with the front hand, reverse punch with the back hand, ridge hand with the back hand, hammer fist with the front hand and hammer fist inwards with the back hand.
- Hook punch with the front hand, hook punch with the back hand, elbow strike inwards with the front hand, elbow strike outwards with the front hand.
- Step forward and palm strike with the front hand, elbow strike upwards with the back hand, back fist with the front hand, step back and elbow strike downwards with the front hand and palm strike with the back hand.
(Accurate in both stances)

Hand set Eight

- Cross punch with the front hand, hook punch with the back hand, ridge hand with the front hand, ridge hand with the back hand, jab with the front hand and upper cut with the back hand.
(Accurate in both stances)

2. Feet Techniques

- Roundhouse kick with the front leg, 360° roundhouse kick with back leg, whip kick with the front leg, knee strike upwards with the back leg and jumping knee strike inwards with the front leg.
- Axe kick with the back leg, crescent kick with the front leg, hook kick with the front leg and spinning hook kick with the back leg.
- Spinning broom sweep with the back leg, knee drop with the front leg.
- Double side kick with the back leg, jumping spinning side kick.
(Accurate in both stances)

Feet set Eight

- Jumping front kick with the front leg, jumping roundhouse kick with the back leg, jumping side kick with the front leg, sweep with the front leg and broom sweep with the back leg.
(Accurate in both stances)

3. Blocks

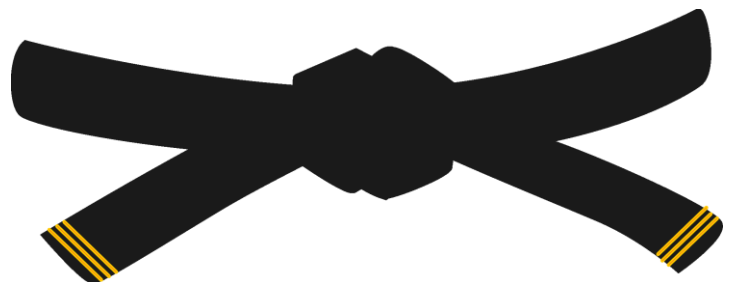
- Lower block with the back hand, middle block with the front hand, step forward, upper block with the front hand, double spear hand block downwards.
- Upper spear hand block with the front hand, lower spear hand block with the front hand, step back double middle block and double spear hand block upwards.
(Accurate in both stances)

Block Set Eight

- Elbow block with the front hand, knee block outwards with the front leg, knee block outwards with the back leg elbow block with the back hand and defence block.
(Accurate in both stances)

Black Belt Block Kata

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



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4. Combinations

- Front kick, hook kick with the front leg, hook kick with the back leg, reverse punch with the back hand, back fist with the front hand and tornado kick with the back leg.
- Hammer fist with the back hand, step forward hammer fist inwards with the front hand, side snap kick and side kick with the front leg and jumping front thrust kick with the back leg.
- Spinning crescent kick with the back leg, front kick with the back leg stepping forward, jab with the front hand and roundhouse kick with the front leg.
(Accurate in both stances)

Combination set Eight

- Back kick with the back leg, hook kick with the front leg, axe kick with the front leg, reverse punch downwards and palm strike downwards.
(Accurate in both stances)

Kickboxing set Eight

- Cross punch with the front hand, parry with the back hand, hook punch with the front hand, upper cut with the back hand, elbow block with the front hand, whip kick with the back leg and jumping roundhouse kick with the back leg.
(Accurate in both stances)

5. Counter Techniques

All to be performed once on each stance

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

One Step Sparring

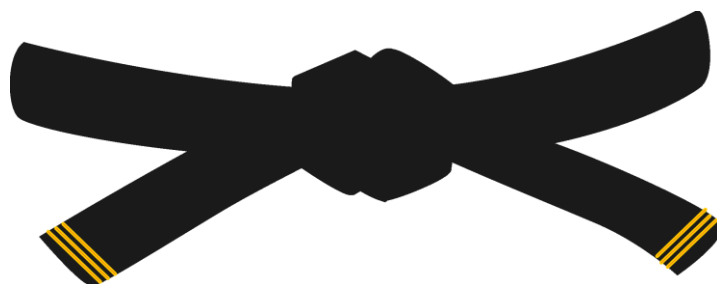
All the following techniques from section 6 of the set patterns

- Basic – attack with punch to head
- Take Down – attack with front kick to stomach
- Any two attacks on examiners request

6. Defence

Break free and counter with self defence techniques to the following

- Grab with two hands to top of clothes.
- Hook punch to the head.
- Grab around the throat from behind.
- Any open hand attack on examiners request.
- Knife attack holding at the throat
- Knife attack slashing across the face from left to right.
- Any knife attack on examiners request.



Adult's Syllabus

Black Belt - 3rd Dan (Continued 2)

Horse Riding Stance

- Stand in horse riding stance for 3 minute

8. Sparring

- 4 x 1½ minutes of semi-contact points sparring.
- 3 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

Rubber Knife for self-defence

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/>)

