

Blue Belt = 5th Kyu

Black belt fitness on instructor request-press ups, sit ups and squat thrusts.

1. Basic Hand Techniques

- Ridge hand with the front hand and ridge hand with the back hand.
 - Back fist with the front hand and spinning back fist with the back hand
 - Reverse punch with the back hand and lunge punch with the front hand.
 - Hammer fist with the back hand, inwards hammer fist with the front hand, elbow strike inwards with back hand and elbow strike upwards with the front hand.
- (Accurate on both stances)**

Hand set one

- Jab with the front hand, reverse punch with the back hand, back fist with the front hand, ridge hand with the back hand and hammer fist with the front hand.

- **30 seconds hand techniques on punch bag.**

2. Basic Feet Techniques

- Side kick with the back leg and hook kick with the front leg.
 - Hook sweep with the front leg.
 - Hook kick with the back leg.
 - Jumping front kick with the back leg.
 - Front leg roundhouse kick, front leg hook kick, front leg roundhouse kick without dropping foot.
- (Accurate on both stances)**

Feet Set One

- Front snap kick, whip kick, side snap kick with the front leg, front kick and double roundhouse kick with the back leg.

- **30 seconds feet techniques on punch bag.**

3. Basic Blocks

- Upper spear hand block with the front hand and lower spear hand block with the front hand.
- Lower spear hand block with the back hand and upper spear hand block with the back hand.
- Double spear upwards and double spear downwards.
- Defence block.

Block set one

- Front hand upper block, middle block, lower block, back hand lower block, middle block and upper block

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4. Basic Combinations

- Roundhouse kick with the front leg, reverse punch with the back hand and back kick with the back leg.



Combination set one

- Jab with the front hand, hammer fist with the back hand, front kick with the front leg, jumping spinning back kick

Kickboxing set one

- Cross punch with the front hand, cross punch with the back hand, hook punch with the front hand and upper cut with the back hand.

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand and any three counter techniques.
- Partner reverse punches with the back hand – middle block with the front hand and any three counter techniques.
- Partner front kicks with the back leg – lower block with the front hand and any three counter techniques.
- Partner roundhouse kicks with the back leg – step to the side and middle block outwards with the front hand and any two counter techniques.

(Accurate on both stances)

One Step Sparring

All the following techniques from section 2 of the set patterns

- One step sparring drill one – partner steps forward and punches to the head.
- One step sparring drill two – partner steps forward and punches to the body.
- One step sparring drill one – partner steps forward and front kicks to the body.

6. Defence

Break free and counter with self-defence techniques to the following

- Attacker grabs both wrists.
- Grab with two hands around throat.
- Stand in horse riding stance and punch on call for 30 seconds

7. Sparring

4 x ½ minutes of semi-contact points sparring

You will need– Sparring equipment (hand, feet, head, shin, groin and gum shield)

On belt testing day you will be tested on your balance and control, and your attitude and effort from class and on your testing day. (This will also take in to account your homework sheets that have been handed back to your Instructor)

Students should have been put forward for testing by their instructor.

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

[\(https://hickskarateschool.mymamembers.com/belttestingtc/\)](https://hickskarateschool.mymamembers.com/belttestingtc/)

