

Brown Belt and One White Stripe = 2nd Kyu

To be able to conduct a 2 minute warm up for the class and 2 minute stretch

Black Belt Fitness on instructor request- press ups, sit up and squat thrusts.

1. Hand Techniques

- Back fist with the back hand and back fist with the front hand.
- Lunge punch with the front hand, hammer fist with the back hand, double ridge hand.
- Upper cut with the front hand and hook punch with the back hand.
- Elbow strike inwards with the front hand and elbow strike downwards with the back hand.
- Step back and palm strike to the nose with the front hand and palm strike to the solar plexus with the back hand.

(Accurate in both stances)

- Reverse punch with the back hand, hammer fist with the front hand, inwards hammer fist with the front hand and ridge hand with the front hand.

Hand set four

- Palm strike with the front hand, back fist with the front hand, spinning back fist with the back hand, palm strike with the back hand and ridge hand with the back hand.
- **1 minute hand techniques on punch bag.**

2. Feet Techniques

- Double roundhouse kick off the back leg.
- Front kick, roundhouse kick, side kick and hook kick with the front leg without putting your foot down and spinning axe kick with the back leg.
- Upwards knee strike with the front leg, inwards knee strike with the front leg.
(Accurate in both stances)
- Hook kick and roundhouse kick with the front leg, roundhouse kick with the back leg, side kick with the front leg and back kick with the back leg.

Feet set four

- Jumping front kick with the front leg, jumping roundhouse kick with the back leg, jumping side kick with the front leg and jumping back kick.
- **1 minute feet techniques on punch bag.**



3. Blocks

- Upper spear hand block with the front hand, lower spear hand block with the back hand and double spear hand block upwards.
- Lower block with the back hand, middle block with the front hand, step forward, upper block with front hand, middle block with the back hand and lower block with the front hand.
- Defence block, step back and defence block

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Block set four

Upper block with the front hand, middle block with the back hand, lower block with the front hand, elbow block with the front hand, elbow block with the back hand, knee block outwards with the front knee, knee block outwards with the back knee

Black Belt Block Kata

Black Belt Block Kata part A, B, C and D

4. Combinations

- Jab with the front hand, reverse punch with the back hand, roundhouse kick with the front leg, jumping front kick with the back leg.
- Roundhouse kick, hook kick, roundhouse kick, side kick, without putting the front leg down. Then side kick, roundhouse kick, side kick with the back leg
- All jumping kicks to pads on examiners request. (Front, roundhouse, side, back, hook)

(Accurate in both stances)

Combination set four

- Jumping front kick and jumping spinning axe kick with the back leg, back fist with the front hand, hook kick with the front leg and spinning broom sweep with the back leg.
- **1 minute hand and feet techniques on punch bag.**
- Back hand cross punch, front hand hook punch, back hand cross punch and front hand upper cut.

Kickboxing set four

- Parry with the front hand, cross punch with the back hand, knee strike inwards and round kick with the front leg and jumping spinning back kick.



Brown Belt and One White Stripe = 2nd Kyu (Continued 2)

5. Counter Techniques

- Partner roundhouse kicks with the front leg – step to the side, any block and any four counter techniques.
- Partner hammer fists to the head – double spear hand block and any four counter techniques.
- Partner back kicks to the stomach – lower spear hand block and any four counter techniques.
- Partner side kicks to the stomach – defence block and any four counter techniques.
(Accurate in both stances X 2)

One Step Sparring

All the following techniques from section 5 of the set patterns

- Basic
- Advanced
- Take Down

6. Defence

Break free and counter with self defence techniques to the following

- Attacker grabs with single hand on top of clothing
- Attacker wild swinging punch to head.
- Knife attack from above head.
- Knife attack lunging at the body.
- Knife attack outward to inwards slashing at the face.
- Stand in horse riding stance and punch on call for 60 seconds

7. Sparring

- 4 x ½ minutes of semi-contact points sparring
- 3 x ½ 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

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.

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/>)

