

## **Brown Belt and Two White Stripes – 1<sup>st</sup> Kyu**

To be able to conduct a 2 ½ minute warm up for the class and 2 ½ minute Stretch

Black Belt Fitness on Instructor request press ups, sit up, squat thrusts and tuck jumps.

### **1. Hand Techniques**

- Lunge punch with the front hand, hammer fist with the back hand, double ridge hand.
- Hook punch with the back hand and upper cut with the front hand.
- Elbow strike upwards with the back hand and elbow strike outwards with the front hand.
- Hammer fist with the front hand and inwards hammer fist with the back hand.  
(Accurate in both stances)
- Ridge hand with the front hand, reverse punch with the back hand, ridge hand with the back hand and hammer fist inwards with the front hand.

#### Hand set five

- Backfist with the front hand, backfist with the back hand, spinning backfist with the back hand, backfist with the back hand, backfist with the front hand and reverse punch with the back hand.
- **1 ½ minutes hand techniques on punch bag.**

### **2. Feet Techniques**

- Whip kick with the front leg, double roundhouse kick off the back leg.
- Front kick, roundhouse kick, side kick and hook kick with the back leg without putting your foot down.
- Crescent kick with the front leg and spinning axe kick with the back leg
- Inwards knee strike with the back leg and upwards knee strike with the front leg.  
(Accurate in both stances)
- Double side kick with the front leg, step back, front leg side kick and back leg sweep.

#### Feet set five

- Roundhouse kick with the front leg, 360° roundhouse kick with the back leg, double roundhouse kick with the front leg and jumping front thrust kick with the back leg.
- **1 ½ minutes feet techniques on punch bag.**

### **3. Blocks**

- Double spear hand block upwards, lower spear hand block with the back hand, upper spear hand block with the front hand, defence block and double spear hand block downwards.
- Palm block with the front hand, lower block with the back hand and step forward upper block with the front hand.

#### Block set five

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 leg, knee block inwards with the front knee and knee block inwards with the back leg.



## **Brown Belt and Two White Stripes – 1<sup>st</sup> Kyu - (Continued 1)**

### **Black Belt Block Kata.**

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



### **4. Combinations**

- Front kick with the back leg, reverse punch with the back hand, front kick with the back leg and step forward, elbow strike inwards with the front hand and knee strike inwards with the front leg.
- Side kick, hook kick, roundhouse kick, side kick without putting the front leg down and hook kick, roundhouse kick with the back leg.
- All jumping / spinning kicks to pads on examiners request.
- (Front, roundhouse, side, back, hook).  
(Accurate in both stances)
- Hammer fist inwards with the front hand, side kick with the front leg, back kick with the back leg and hammer fist with the back hand.

### **Combination set five**

- Jab with the front hand, lunge punch with the front hand, double roundhouse kick with the front leg and front kick with the back leg.
- **1 ½ minute hand and feet techniques on punch bag.**

### **Kickboxing set five**

- Knee strike upwards with the front leg, knee strike inwards with the front leg, knee strike upwards with the back leg, knee strike inwards with the back leg, round house kick with the front leg and 360° round house kick with the back leg.

### **5. Counter Techniques (moving forward, backwards, left side or right side)**

- Partner roundhouse kicks with the front leg – any move and any block and any four counter techniques.
- Partner hammer fists to the head – any move and any block and any four counter techniques.
- Partner back kicks to the stomach – any move and any block and any four counter techniques.
- Partner side kicks to the stomach – any move and any block and any four counter techniques.  
(Accurate in both stances x 2)

### **One Step Sparring**

**All the following techniques from section 6 of the set patterns**

- Basic
- Advanced
- Take Down
- Your own one step and counter technique



## **Brown Belt and Two White Stripes – 1<sup>st</sup> Kyu - (Continued 2)**

### **6. Defence**

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

- Attacker steps forward with a straight punch to the head.
- Attacker grabs both wrists.
- Attacker grabs behind around the throat.
  
- Knife attack from above head.
- Knife attack slashing outside across at the face.
- Knife attack holding at throat.
  
- Stand in horse riding stance and punch on call for 90 seconds

### **7. Sparring**

- 4 x ½ minutes of semi-contact points sparring
- 4 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/>)

