

Adult's Syllabus

Brown Belt = 3rd Kyu

To be able to conduct a 2 minute stretch for the class.

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



Hand Techniques

- Back fist with the front hand, reverse punch with the back hand and spinning back fist.
 - Hook punch with the front hand and upper cut with the back hand.
 - Elbow strike inwards with the front hand and elbow strike downwards with the back hand.
 - Elbow strike upwards with the front hand elbow strike outwards with the back hand.
(Accurate in both stances).
-
- Back fist with the front hand, ridge hand with the back hand, ridge hand with the back hand and spinning back fist.

Hand Set Three

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

1 minute hand techniques on punch bag.

2. Feet Techniques

- Front leg crescent kick, axe kick off of the back leg, step back and side kick.
 - Roundhouse kick with the front leg and jumping back kick with the back leg.
 - Jumping upwards knee strike with the front leg and jumping inwards knee strike with the back leg.
(Accurate in both stances).
-
- Front kick with the back leg, double roundhouse kick with the front leg and jumping front kick with the back leg.

Feet set three

- Sweep with the front leg, hook sweep with the back leg, spinning broom sweep with the back leg and spinning axe kick with the back leg.

1 minute feet techniques on punch bag.

3. Blocks

- Knee block outwards with the front knee.
- Knee block outwards with the back knee.
- Upper block with the front hand, middle block with the back hand, lower block with the front hand and defence block.

Block set three

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

Black Belt Block Kata

Black Belt Block Kata part A, B and C





Brown Belt = 3rd Kyu (Continued)

4. Combinations

- Front snap kick with front leg, side snap kick with the back leg and whip kick with the front leg.
- Spinning hook kick with the back leg, step back and side kick with the front leg.
- Step forward and knee strike upwards with the back leg, step forward and knee strike inwards with the back leg.
- Jumping roundhouse kick with the front leg, jumping front kick with the back leg and jumping side kick with the front leg. (Accurate in both stances).

Combination set three

- Front kick, round kick, side kick and hook kick with the front leg without putting the leg down, spinning hook kick, sweep and axe kick with the back leg, reverse punch and palm strike downwards with the back hand.
- **1 minute hand and feet techniques on punch bag.**
- Jab with the front hand, cross punch with the back hand, knee strike up with the front leg and front kick with the back leg.

Kickboxing set three

- Hook punch with the front hand, uppercut with the back hand, uppercut with the front hand and hook with the back hand.

5. Counter Techniques

- Partner reverse punches with the back hand – any block and any three counter techniques.
- Partner front kicks with the back leg – any block and any three counter techniques.
- Partner roundhouse kicks with the front leg – step to the side and middle block outwards and any three counter techniques.
- Partner hammer fists to the head – upper block with back hand and any three counter techniques.
- Partner back kicks to the stomach – double spear hand block downwards and any two 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



Adult's Syllabus

6. Defence

Break free and counter with self defence techniques to the following

- Attacker grabs from behind around the throat.
- Attacker grabs with two hands on top of clothing.
- Attacker attacks with knife slashing outside across the face from outside to inside.
- Stand in horse riding stance and punch on call for 60 seconds

7. Sparring

- 4 x ½ minutes of semi-contact points sparring
- 2 x ½ minutes of semi-contact continuous 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

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

