

Green Belt = 6th Kyu



Fitness

- Press ups, squat thrusts and leg raises.

1. Hand Techniques

- Reverse with the back hand and ridge hand with the front hand.
- Hammer fist with the back hand and jab with the front hand.
- Lunge punch with the front hand.
- Hook punch with the front hand.
- Upper cut with the back hand.
- **(Accurate on both stances)**

2. Feet Techniques

- Hook Kick with the front leg.
- Foot sweep with the front leg
- Front snap kick, whip kick and side snap kick with the front leg.
- Double roundhouse kick with the front leg.
- **(Accurate on both stances)**

3. Blocks

- Upper block with the front hand, middle block with the front hand and lower block with the front hand
- Lower block with the back hand, middle block with the back hand and upper block with the back hand.
- Upper block with the front hand, middle block with the back hand and lower block with the front hand.
- Upper spear hand block with the front hand and lower spear hand block with the back hand.

4. Combinations

- Front kick with the front leg, crescent kick with the back leg and jab with the front hand.
- Knee strike upwards with the front leg and knee strike inwards with the back leg.
- Axe kick with the front leg and back kick with the back leg
- Back fist with the front hand, hook kick with the front leg and reverse punch with the back hand.
- **(Accurate on both stances)**

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand and three counter techniques. **(2 times)**
- Partner reverse punches to the stomach – middle block with the front hand and any three counter techniques. **(2 times)**
- Partner front kicks with the back leg stepping forward – lower block with the back hand and any three counter techniques. **(2 times)**
- Partner roundhouse kicks with the back leg stepping forward – palm block with the back hand stepping to the side and any three counter techniques.
- **(Accurate on both stances x 2)**





One Step Sparring

- 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. Self Defence

- Attacker grabs with a single hand on the top of clothing.
- Attacker steps forward with a straight punch to the head.

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/belttestingstc/>)

