

Junior Black Belt

To be able to conduct a 3 minute warm up and 3 minute stretch for the class

To be able to teach a Beginners class the three basic blocks, five basic punches and four basic kicks.

(To be arranged and accessed prior to belt testing under supervision).

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

Up to 3 x 5K Run (throughout the day)

1. Hand Techniques

- 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
- Hook punch with the front hand, upper cut with the back hand, upper cut with the front hand, and hook with the back hand.
- Jab with the front hand, ridge hand with the back hand, lunge punch with the front hand, reverse punch with the back hand.
- Back fist with the front hand, step forward hammer fist with the front hand, double ridge hand, step back and back fist with the front hand.
- Palm strike with the back hand to solar plexus, palm strike with the front hand to the nose, step back, hammer fist with the front hand to side of head.
- **(Accurate in both stances)**
- Reverse punch with the back hand, back fist with the front hand, ridge hand with the front hand and reverse punch with the back.

Hand set six

- Step forward, jab with the front hand, reverse punch with the back hand, elbow block with the front hand, hook punch with the back hand, elbow block with the back hand, uppercut with the front hand, step back and hammer fist inwards with the front hand.
- **1 ½ minute hand techniques on punch bag.**

2. Feet Techniques

- Step Front kick with the front leg, side kick with the back leg, double roundhouse kick with the back leg, and back kick.
- Hook sweep with the front leg, hook sweep with the back leg, spinning axe kick with the back leg.
- Front snap kick, front kick and hook kick with the front leg, without putting the foot down.
- Side snap kick with the front leg and double side kick with the back leg.
- Jumping spinning hook kick, spinning broom sweep, jumping hook kick off the front leg.
- 360° round house kick off the back leg and whirlwind kick.
(Accurate in both stances)
- Side kick and hook kick with the front leg, front kick and roundhouse with the back, side snap kick with the front leg and spinning broom sweep with the back leg.

Feet set six

- Axe kick with the back leg stepping forward, side snap kick, side kick with the front leg, whip kick, roundhouse kick with the back leg step back, spinning broom sweep with the back leg.
- **1 ½ 1 minute feet techniques on punch bag.**





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3. Blocks

- Lower block with the back hand, middle block with the front hand, step forward, upper block with the front hand, double spear hand block downwards.
- Upper spear hand block with the front hand, knee block outwards with the front leg, knee block outwards with the back leg and upper spear hand block with the back hand.

Black Belt Block Kata.

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

Block Set Six

- Upper block with the back hand, middle block with the front hand, lower block with the back hand, step back, defence block, double spear hand block upwards, step forward and double spear hand block downwards

4. Combinations

- Front kick, roundhouse kick, side kick, hook kick and roundhouse kick with the front leg to the head area.
- 360° whirl wind kick, spinning hook kick
- Jumping kicks on the examiners request
- Spinning kicks on the examiners request
- Knee strike upwards with the front leg, jab with the front hand and jumping back leg front thrust kick.
- Elbow strike inwards with the front hand, knee strike inwards with the front leg, cross punch with the back hand and jumping back leg roundhouse kick.

Combination Set Six

- Roundhouse kick with the back leg, sidekick, hook kick with the front leg, back fist with the front hand, reverse punch with the back hand, ridge hand with the back hand and jumping front kick with the back leg.

Kickboxing Set Six

- Parry with the front hand, parry with the back hand, and hook punch with the front hand, hook punch with the back hand, duck and upper cut with the back hand.
- **2 minute hand and feet techniques on punch bag.**

5. Counter Techniques

- Partner jabs to the head with the front hand – any block and any four counter techniques
- Partner reverse punches to the stomach – any block and any four counter techniques
- Partner ridge hands with the front hand – any block and any four counter techniques
- Partner front kicks with the back leg – any block and any four counter techniques
- Partner roundhouse kicks with the front leg – any block and any four counter techniques
- Partner roundhouse kicks with the back leg – any block and any four counter techniques
- Partner back kicks to the stomach – any 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)



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One Step Sparring

All the following techniques from section 6 of the set patterns

- Basic
- Advanced
- Take Down
- One of your Own

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 with two hands around throat.
- Attacker grabs from behind around the throat.
- Attacker grabs from behind around the body.

- Knife attack slashing inside across at the face.
- Knife attack holding at throat.
- Knife attack from holding at throat from behind.

- Stand in horse riding stance and punch on call for 2 ½ minute.

7. Sparring

- 5 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

Rubber Knife for self-defence

Students are required to complete a minimum of three of the Black Belt pre testing session (within 3 months of current Belt Testing).

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 and completed a minimum of three pre testing classes.

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/>)

