

Junior Black Belt - Green Star (Four)



1. Black Belt Teaching

- To be able to conduct a 1 minute warm up and 1 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)

2. Black Belt Fitness

- 30 press ups, 30 sit ups
- 2 minutes hand techniques on the bags / pads
- 2 minutes feet techniques on the bags / pads
- 30 press ups, 30 sit ups
- 15 burpees
- 1 x 5K Run (throughout the day)

3. Combinations

Combination set five

- Jab with the front hand, lunge punch with the front hand,
- Double roundhouse kick with the front leg,
- Front kick off the back leg.

Feet set five

- Roundhouse kick with the front leg, 360° roundhouse kick with the back leg
- Double side kick with the front leg, jumping front thrust kick with the back leg

4. Blocks

- Upper block with the front hand, middle block with the back hand, lower block with the front hand, defence block and step back.
- 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.
- Step forward, double spear hand block upwards, step back, lower spear hand block with the back hand, jumping front kick off the front leg.

Block set two

Step forward, lower block with the front hand
Defence block, middle block with the front hand,
Step back and middle 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 knee
Knee block inwards with the front knee
Knee block inwards with the back knee



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(Continued)



Black Belt Block Kata.

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

5. Defence

Break free and counter with self defence techniques to the following

- Grab with two hands to top of clothes
- Straight punch to face.
- Knife attack slashing across the face from left to right.
- Knife attack lunging at the body

6. Sparring

- 4 x ½ minutes of semi contact 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 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/)

