

Junior Black Belt - Orange Star (Three)



1. Black Belt Fitness

- 2 minutes hand techniques on the bags / pads
- 2 minutes feet techniques on the bags / pads
- 50 press ups, 50 sit ups
- 15 burpees
- 1 x 5K Run (throughout the day)

2. Hand Techniques

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 and double ridge hand

Kickboxing set six

Parry with the front hand, parry with the back hand,
Hook punch with the front hand, hook punch with the back hand,
Duck and upper cut with the back hand.

3. Counter Techniques

- Partner jabs to the head with the front hand – block and any four counter techniques
- Partner reverse punches to the stomach – block and any four counter techniques
- Partner ridge hands with the front hand – block and any four counter techniques
- Partner front kicks with the back leg – block and any four counter techniques
- Partner roundhouse kicks with the front leg – block and any four counter techniques
- Partner roundhouse kicks with the back leg – block and any four counter techniques
- Partner back kicks to the stomach – block and any four counter techniques
- Partner side kicks to the stomach – defence block and any four counter techniques
- Techniques on examiners request.

4. Defence

Break free and counter with self defence techniques to the following

- Hook punch to the head
- Grab around the throat from behind
- Knife attack holding at the throat
- Knife attack stabbing downwards to the head

5. Balance and Control

- Hold front kick, roundhouse kick and side kick without putting foot down (both stances)
- Stand in horse riding stance and punch on call for 3 ½ minute





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(Continued)

6. Sparring

- 4 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/)

