

Junior Black Belt - Red Star (one)



1. Black Belt Fitness

- 1 ½ minutes hand techniques on the bags / pads
- 1 ½ minutes feet techniques on the bags / pads
- 35 press ups, 35 sit ups
- 15 burpees
- 1 x 5K Run (throughout the day)

2. Hand Techniques

- 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.
- Techniques on examiners request.

Hand set one

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

Hand set two

Elbow strike inwards with the front hand, elbow strike outwards with the back hand

Elbow strike upwards with the front hand, elbow strike downwards with the back hand

1 ½ minutes bag work.

3. Feet Techniques

- Front kick with the front leg, side kick with the back leg, double roundhouse kick with the back leg, and back kick.
- Crescent kick off the front leg, spinning axe kick off the back leg stepping forward, and whip kick with the front leg.
- Side snap kick with the front leg and double side kick with the back leg.
- 360° roundhouse kick off the back leg and whirlwind kick.
- Techniques on examiners request.

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

Feet set four

Jumping front kick with the front leg, jumping roundhouse kick with the back leg

Jumping side kick with the front leg and jumping back kick

1 ½ minutes bag work



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(Continued)

4. Blocks

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

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

Black Belt Block Kata

5. 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/>)

