

Junior Black Belt - Yellow Star (Two)



1. Black Belt Fitness

- 1 ½ minutes hand techniques on the bags / pads
- 1 ½ minutes feet techniques on the bags / pads
- 40 press ups, 40 sit ups
- 15 burpees
- 1 x 5K Run (throughout the day)

2. Combinations

- 360° whirlwind kick, spinning hook kick
- Jumping kicks on the examiners request
- Spinning kicks on the examiners request
- Techniques on examiners request.

Combination set three

Front kick, roundhouse kick, side kick and hook kick with the front leg without putting the leg down,
Spinning hook kick, sweep and axe kick with the back leg
Reverse punch and palm strike downwards with the back hand.

Combination set four

Jumping front kick and jumping spinning axe kick with the back leg,
Back fist with the front hand, hook kick with the front leg,
Spinning broom sweep with the back leg.

Kickboxing set four

Parry with the front hand, cross punch with the back hand, Knee strike in and roundhouse kick with the front leg
and jumping spinning back kick.

Kickboxing set five

Knee strike up, knee strike in with the front leg, knee strike up, knee strike in with the back leg, roundhouse kick with the
front leg and 360° roundhouse kick with the back leg.

- **1 ½ minutes bag work**

3. One Step Sparring

All the following techniques from section 6 of the set pattern

- Basic
- Advanced
- Take Down



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(Continued)



4. Blocks

Block set three

- Upper spear hand block, lower spear hand block with the front hand
- Lower spear hand block, upper spear hand block with the back hand
- Double spear hand block upwards and double spear hand block downwards

Block set four

- Upper block with the front hand, middle block with the back hand, lower block with the front hand, elbow block with the front hand, elbow block with the back hand, knee block outwards with the front knee and knee block outwards with the back knee.

Black Belt Block Kata.

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

5. 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/)

