

Adult's Syllabus



Orange Belt = 7th Kyu

Fitness

- Press ups, squat thrusts and crunch ups.

1 Hand Techniques

- Jab with the front hand and reverse punch with the back hand.
- Hammer fist with the back hand and ridge hand with the front hand.
- Back fist with the front hand and ridge hand with the back hand.
(Accurate in both stances)

2. Feet Techniques

- Side kick with the front leg and roundhouse kick with the back leg.
- Crescent kick with the front leg.
- Axe kick with the back leg.
- Back kick with the back leg.
- Knee strike upwards with the front knee.
- Knee strike inwards with the front knee.
(Accurate in both stances)

3. Blocks

- Upper block with the back hand, middle block with the front hand and lower block with the back hand.
- Middle block with the front hand, middle block with the back hand and upper block with the front hand.
(Accurate in both stances)

4. Combinations

- Lunge punch with the front hand and knee strike upwards with the front leg and side kick with the back leg.
- Step forward and jab with the front hand and roundhouse kick with the back leg.
- Crescent kick with the front leg and axe kick with the back leg.

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand and any two counter techniques.
- Partner reverse punches with the back hand – middle block with the front hand and any two counter techniques.
- Partner front kicks with the back leg – lower block with the front hand and any two counter techniques.
- Partner front kicks with the front leg – lower block with the back hand and any two counter techniques.
(Accurate in both stances x 2)

One Step Sparring

- One Step Sparring drill one – partner steps forward and punches to the head.
- One Step Sparring drill two – partner steps forward and punches to the body.
- One Step Sparring drill three – partner steps forward and front kick to the body.

6. Self Defence

- Attacker grabs your shoulder from behind

7. Sparring

- 3 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

[\(https://hickskarateschool.mymamembers.com/belttestingstc/\)](https://hickskarateschool.mymamembers.com/belttestingstc/)



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