

Orange and White Belt = 8th Kyu

1. Hand Techniques

- Jab with the front hand.
- Reverse punch with the back hand.
- Back fist with the front hand.
- Hammer fist with the back hand.
- Ridge hand with the front hand.
(Accurate in both stances)

2. Feet Techniques

- Step forward and front kick with the back leg. (2 steps)
- Step forward and roundhouse kick off the back leg. (2 steps)
- Step forward and side kick with the back leg. (2 steps)

3. Blocks

Upper block with the front hand, middle block with the back hand and lower block with the front hand.

Block Kata

Block Kata A and B

4. Combinations

- Back fist with the front hand and side kick with the back leg.
- Front kick with the front leg, roundhouse kick with the front leg and back kick with the back leg.
- Ridge hand with the front hand and hammer fist with the back hand.

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 front leg – lower block with the back hand and any two counter techniques.

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.

6. Defence

- Partner attacks with mixed combination of techniques whilst you move around the area blocking without countering.

7. Sparring

- 2 x ½ minutes of semi-contact points sparring.

You will need – Sparring Equipment (hand, feet, head, groin and gum shield)

On belt testing day you will be tested on your balance and control, 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/>)

