

Purple Belt - 4th Kyu

To be able to conduct a 2 minute warm up for the class.

Black Belt Fitness on Instructor request press ups, sit up and squat thrusts.



1. Hand Techniques

- Jab with the front hand and Lunge Punch with the front hand.
- Ridge hand with the front hand, step forward and hammer fist with the front hand.
- Reverse punch with the back hand and hammer fist inwards with the front hand.
- Ridge hand with the front hand and ridge hand with the back hand.
(Accurate on both stances)

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 minute hand techniques on punch bag.**

2. Feet Techniques

- Stepping forward of the back leg front kick, roundhouse kick, side kick and back kick.
- Upwards knee strike off the back leg and Inwards knee strike with the front leg.
- Round house kick, side kick with the front leg.
- Jumping front kick with the back leg.
- Jumping round house kick with the front leg.
(Accurate on both stances)

Feet set two

- Front kick, round kick, side kick, hook kick with the front leg.
- **1 minute feet techniques on punch bag.**

3. Blocks

- Double spear hand block upwards.
- Double Spear hand block downwards.
- Defence Block step back defence block.

Block set two

- Step forward, lower block with the front hand, defence block, middle block with the front hand, step back and middle block with the front hand.

4. Combinations

- Hook kick with the front leg and spinning hook kick with the back leg. Jab with the front hand and back fist with the back hand.
- Ridge hand with the front hand and ridge hand with back hand, front kick with the front leg and jumping front kick with the back leg.
- Hook punch with the front hand, cross punch with the back hand, round kick with the front leg and jumping back kick with the back leg



Purple Belt = 4th Kyu (Continued)



Combination set two

- Hook kick with the front leg, hook kick with the back leg, step back, side kick with the front leg, spinning hook kick, stepping forward front hand jab and spinning backfist.

Kickboxing set two

- Knee strike up with front leg, knee strike in with back leg, Jab with the front hand, cross punch with the back hand.

5. Counter Techniques

- Partner reverse punches with the back hand – Middle block with the front hand and any three counter techniques.
- Partner front kicks with the back leg – Lower block with the front hand and any three counter techniques.
- Partner roundhouse kicks with the back leg – Step to the side and middle block with the front hand. Three counter techniques.
- Partner hammer fists to the head – Upper block with the back hand and any three counter techniques.
(Accurate on both stances x 2)

One Step Sparring

All the following techniques from section 4 of the set patterns

- Basic
- Advanced
- Take Down

6. Defence

Break free and counter with self-defence techniques to the following

- Wild swinging punch to head.
- Knife attach from above head.

7. Sparring

- 4 x ½ minutes of semi-contact points sparring.
- 1 x ½ minutes of semi contact continuous sparring.
- Stand in horse riding stance and punch on call for 45 seconds.

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/>

