

Adult's Syllabus



Red Belt = 9th Kyu

Fitness

- Press ups, Mountain climber and sit ups

1. Hand Techniques

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

2. Feet Techniques

- Front kick with the front leg.
- Roundhouse kick with the front leg.
- Side kick with the front leg.
(Accurate in both stances)

3. Blocks

- Upper block with the front hand.
- Middle block with the front hand.
- Lower block with the front hand.
(Accurate in both stances)

4. Combinations

- Jab with the front hand and front kick with the back leg.
- Round house kick with the front leg and reverse punch with the back hand.

5. Counter Techniques

- Partner jabs to the head – Upper block with the front hand and any one counter technique. (1 time)
- Partner reverse punches with the back hand – Middle block with the front hand and any counter technique. (1 time)

6. Defence

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

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/>)

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