

Red and White Belt - 12th Kyu



1. Recite School Mission Statement

“In Martial Arts we achieve, in life we succeed”
“I will develop myself in a positive manner, I will avoid anything that may reduce my mental or physical growth”

2. Stances

- Relaxed position.
- Attention stance.
- Ready position.
- Guard stance.
- Horse-riding stance.
- Switch guard stance.

3. 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)**

4. Feet Techniques

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

5. Blocks

- Star Block Drill (No 1)

6. Combinations

- Jab with the front hand and roundhouse kick with the front leg.

7. Counter Techniques

- Partner jabs to the head – upper block with the front hand.
- Partner reverse punches to the body – middle block with the front hand.
- Partner front kicks with the front leg to the body – lower block with the front hand.

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/>)

