

## Yellow Belt = 8<sup>th</sup> Kyu

### Fitness

- Press ups, squat thrusts and leg raises.

### 1. Hand Techniques

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

### 2. Feet Techniques

- Front kick with the front leg.
- Round house kick with the back leg.
- Sidekick with the back leg.  
(Accurate in both stances)
- Stepping forward and front kick with the back leg. (2 steps)
- Stepping forward and round house kick with the back leg. (2 steps)
- Stepping forward and then sidekick with the back leg. (2 steps)  
(Accurate in both stances)

### 3. Blocks

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

### 4. Combinations

- Reverse punch with the back hand and back fist with the front hand
- Front kick with the front leg, round house kick with the back leg and side kick with the front leg.
- Hammer fist with the front hand and ridge hand with the back hand.  
(Accurate in both stances)

### 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 stepping forward – Lower block with the front hand and any two counter techniques.  
(Accurate in both stances)

### One Step Sparring

- One step sparring drill one- partner steps forward and punches to the head.

### 6. Defence

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

### 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/>)

