

## **Black Belt 1<sup>st</sup> Dan**

To be able to conduct a 3 minute warm up and 3 minute stretch for the class  
To be able to teach a Beginners class the three basic blocks, four basic punches and three basic kicks.  
(To be arranged and accessed prior to belt testing under supervision).



**Up to 3 x 5K Run (throughout the day)**

### **1. Hand Techniques**

- Jab with the front hand, reverse punch with the back hand, back fist with the front hand, ridge hand with the back hand and hammer fist with the front hand
- Hook punch with the front hand, upper cut with the back hand, upper cut with the front hand, and hook with the back hand.
- Jab with the front hand, ridge hand with the back hand, lunge punch with the front hand, reverse punch with the back hand.
- Back fist with the front hand, step forward hammer fist with the front hand, double ridge hand, step back and back fist with the front hand.
- (Accurate in both stances)

### **2. Feet Techniques**

- 360° round house kick with the back leg.
- Tornado kick with the back leg.
- Jumping back leg front thrust kick.
- Step Front kick with the front leg, side kick with the back leg, double roundhouse kick with the back leg, and back kick.
- Hook sweep with the front leg, hook sweep with the back leg, spinning broom sweep with the back leg.
- Front snap with the front leg, whip kick with the back leg and side snap kick with the front leg.
- Jumping kicks on the examiners request
- Spinning kicks on the examiners request

(Accurate in both stances)

### **3. Combination**

#### **Hand set six**

- Step forward, jab with the front hand, reverse punch with the back hand, elbow block with the front hand, hook punch with the back hand, elbow block with the back hand, uppercut with the front hand, step back and hammer fist inwards with the front hand.

#### **Feet set six**

- Axe kick with the back leg stepping forward, side snap kick, side kick with the front leg, whip kick, roundhouse kick with the back leg step back, spinning broom sweep with the back leg.



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### **Combination Set Six**

- Roundhouse kick with the back leg, sidekick, hook kick with the front leg, back fist with the front hand, reverse punch with the back hand, ridge hand with the back hand and jumping front kick with the back leg

### **Kickboxing Set Six**

- Parry with the front hand, parry with the back hand, and hook punch with the front hand, hook punch with the back hand, duck and upper cut with the back hand.

### **4. Blocks**

- Lower block with the back hand, middle block with the front hand, step forward, upper block with the front hand, double spear hand block downwards.
- Upper spear hand block with the front hand, knee block outwards with the front leg, knee block outwards with the back leg and upper spear hand block with the back hand.

#### **Black Belt Block Kata.**

Black Belt Block Kata part A, B, C, D and E

### **5. Counter Techniques**

- Partner ridge hands with the front hand – any block and any five counter techniques
- Partner front kicks with the back leg – any block and any five counter techniques
- Partner roundhouse kicks with the back leg – any block and five four counter techniques
- Partner back kicks to the stomach – any block and any five counter techniques

(Accurate in both stances)

#### **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.
- One step sparring drill three – partner steps forward and front kicks to the body.
- Your own one step sparring drill – not using any moves from previous one step sparring sets.

### **6. Defence**

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

- Defend against a single grab on the top.
- Defend against a double wrist grab.
- Defend against a grab from around the throat from behind.
- Defend against a knife attack from outside slashing inwards.
- Defend against a knife attack from inside slashing outwards.
- Defend against a knife attack from holding at the throat.



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**7. Sparring**

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

**You will need – Sparring Equipment (hand, feet, head, shin guard and gum shield, groin guard males only)**

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 must have full martial arts uniform and current belt. (No shorts for belt testing)

Belt Testing's term and conditions

<https://hickskarate.co.uk/belttestingstc/>

