

Black Belt - 2nd Dan

Must be running / assisting in a least one class a week and be able to teach basic hand and feet combinations techniques.



2 x 5k Run

1. Hand Techniques

- Step forward and jab with the front hand, reverse punch with the back hand, lunge punch with the front hand and double ridge hand with the both hands.
- Hook punch with the front hand, hook punch with the back hand, upper cut with the front hand and upper cut with the back hand.
- Elbow inwards with the front hand, elbow outwards with the front hand, elbow strike upwards with the back hand, and elbow strike downwards with the back hand.
- Palm strike with the front hand, reverse punch with the back hand, hammer inwards with the front hand and palm strike with the back hand.
- Hammer fist downwards with the front hand, ridge hand with the back hand, back fist with the front hand and reverse punch with the back hand.

(Accurate in both stances)

2. Feet Techniques

- 360° round house kick with the back leg, round house kick with the front leg, jumping round kick with the front leg.
- Jumping front kick with the back leg, jumping front kick with the front leg, spinning hook kick with the back leg.
- Hook kick with the front leg, hook kick with the back leg and jumping spinning hook kick with the leg
- Crescent kick with the front leg and jumping spinning crescent kick with the back leg.
- Axe kick with the front leg, jumping spinning axe kick with the back leg.
- Jumping double roundhouse kick (jumping split kick).
- Front kick, roundhouse kick with the front leg, side kick and hook kick with the back leg.
- 360° whirlwind kick,

(Accurate in both stances)

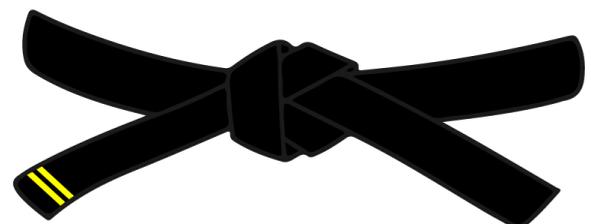
3. Combinations

Hand set Seven

- Jab with the front hand, lunge punch with the front hand, ridge hand with the front hand, reverse punch with the back hand, ridge hand with the back hand and step forward elbow strike upwards with the front hand and elbow strike outwards with the front hand.

Feet set seven

- Front kick, roundhouse kick with the front leg, side kick, hook kick with the back leg, spinning hook kick with the back leg and jumping back kick.



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Combination Set Seven

- Crescent kick with the front leg, axe kick with the back leg, double side kick with the front leg, spinning hook kick with the back leg, hook kick with the front leg.

Kickboxing set seven

- Jab with the front hand, cross punch with the back hand, jumping knee up and forward with the back leg, roundhouse kick with the back leg, whip kick with the front leg and spinning broom sweep.

4. Blocks

- Elbow block with the front hand, elbow block with the back hand, outside block downwards with the front hand, and outside block downwards with the back hand.
- Double spear hand block upwards, double spear hand lock downwards, step back and defence block.

Basic Block Kata

Basic Belt Block Kata A, B, C and D

Black Belt Block Kata

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

5. Counter Techniques

(All to be performed once on each stance)

- Partner reverse punches to the stomach – block and any six counter techniques
- Partner ridge hands with the front hand – block and any six counter techniques
- Partner front kicks with the back leg – block and any six counter techniques
- Partner roundhouse kicks with the front leg – block and any six counter techniques
- Partner back kicks to the stomach – block and any six counter techniques
- Partner side kicks to the stomach – defence block and any six counter techniques

(Accurate in both stances)

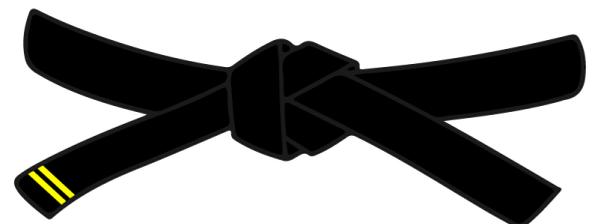
One Step Sparring

Your own sets on both stance demonstrating techniques for each as below

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.
- One step sparring drill four – partner steps forward and round house kicks to the head.

(step to the side and palm block with the back hand, front kick with the front leg, roundhouse kick with the back leg, hook kick with the front leg, palm strike with the front hand, palm strike with the back hand, side kick with the front leg, jumping spinning back kick with the back leg)



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6. Defence

Break free and counter with self defence techniques to the following

- Defend against a straight punch to face.
- Defend against a Hook punch to the head.
- Defend against a two handed wrist grab.
- Defend against a two grab from around the throat.

- Defend against a knife attack from lunging towards to body.
- Defend against a knife attack from inside slashing inwards and outwards.
- Defend against a knife attack from holding at the throat with back against a wall.

8. Sparring

- 6 x 1 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/>

