

Adult's Syllabus

Black Belt - 3rd Dan

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



Optional Running up to 3 x 5K Run (throughout the day)

1. Hand Techniques

- Jab with the front hand, lunge punch with the front hand, reverse punch with the back hand, ridge hand with the back hand, hammer fist with the front hand and hammer fist inwards with the back hand.
- Hook punch with the front hand, hook punch with the back hand, elbow strike inwards with the front hand, elbow strike outwards with the front hand.
- Palm strike with the front hand, step forward and elbow strike upwards and outwards strike with the new front hand, elbow inwards strike and downward strike downwards with the back hand.
- Upper cut with the front hand, upper cut with back hand, hook punch with the front hand and hook punch with the back hand.
- Double ridge hand,
(Accurate in both stances)

2. Feet Techniques

- Front kick, hook kick with the front leg, hook kick with the back leg and tornado kick with the back leg.
- Front snap kick, whip kick and side snap kick with the front leg, front kick, round house kick and side kick with the back leg.
- Spinning crescent kick with the back leg, front kick with the back leg stepping forward, jab with the front hand and roundhouse kick with the front leg.
- Round house kick with the front leg, 360° roundhouse kick with back leg, jumping round house kick with the back leg.
- Crescent kick with the front leg, spinning axe kick with the back leg, axe kick with the front leg and jumping spinning crescent kick with the back leg.
- Spinning hook kick with the front leg, jumping spinning hook kick with the back leg and Spinning broom sweep with the back leg.
- Double side kick with the back leg, jumping spinning side kick.
(Accurate in both stances)

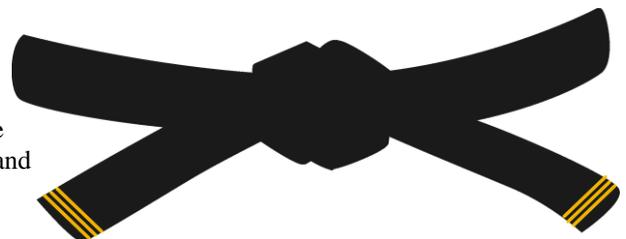
3. Combinations

Hand set Eight

- Cross punch with the front hand, hook punch with the back hand, ridge hand with the front hand, ridge hand with the back hand, jab with the front hand and

Feet set Eight

- Jumping front kick with the front leg, jumping roundhouse kick with the back leg, jumping side kick with the front leg, sweep with the front leg and broom sweep with the back leg.



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Combination set Eight

- Back kick with the back leg, hook kick with the front leg, axe kick with the front leg, reverse punch downwards and palm strike downwards.
(Accurate in both stances)

Kickboxing set Eight

- Cross punch with the front hand, parry with the back hand, hook punch with the front hand, upper cut with the back hand, elbow block with the front hand, whip kick with the back leg and jumping roundhouse kick with the back leg.
(Accurate in both stances)

3. Blocks

- Upper block with front hand, lower block with the back hand, elbow with the front hand, elbow block with the back hand, middle block with front hand and middle block with the back hand.
- Lower block with the front hand, middle block with the back hand, upper block with the front hand, knee block inwards with the front leg, knee block inwards with the back leg.

(Accurate in both stances)

Block Kata

Basic Belt Block Kata A, B, C and D

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

Black Belt - 3rd Dan (Continued 1)

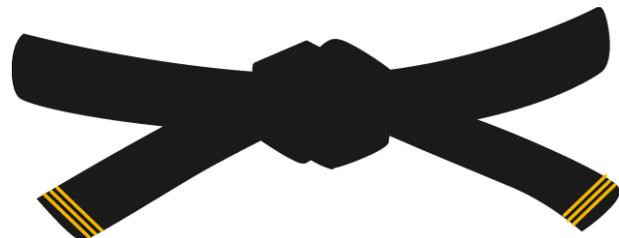
- Partner jabs to the head – block and any six counter techniques
- Partner ridge hands with the front hand – block and any six counter techniques
- Partner hammer fist with the front hand – block and any six counter techniques
- Partner front kicks with the back leg – block and any six counter techniques
- Partner roundhouse kicks with the back leg – block and any six counter techniques
- Partner back kicks to the stomach – block and any six 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.
- One step sparring drill four – partner steps forward and round house kicks to the head.

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



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6. Defence

Break free and counter with self defence techniques to the following

- Defence against a grab with two hands to top of clothes.
- Defence against a grab around the throat from behind.
- Defence against a double hook punch to the head.

- Knife attack holding at the throat
- Knife attack slashing across the face from left to right.
- Knife attack stabbing down to the head.

8. Sparring

- 6 x 1½ 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/>

