



Blue Belt = 5th Kyu

1. Basic Feet Techniques

- Hammer fist with the front hand and ridge hand with the front hand.
- Hook punch with the front hand.
- Hook punch with the back hand.
- Upper cut with the front hand.
- Upper cut with the back hand.

(Accurate on both stances)

2. Feet Set One

- Crescent kick with the front leg.
- Knee strike upwards with the front leg.
- Knee strike inwards with the front leg.
- Back kick with the back leg.
- Front snap Kick with the front leg.

3. Basic Blocks

- Upper spear hand block with the front hand.
- Upper spear hand block with the front hand.
- Palm block with the front hand stepping to the side.
- Palm block with the back hand stepping to the side.

4. Basic Combinations

Hand set one

- 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.

Feet set one

- Front snap kick with front leg, front kick with the back leg and double round kick with the back leg.

Combination set one

- Jab with the front hand, hammer fist with the back hand, front kick with the front leg, jumping spinning back kick

Kickboxing Set One

- Cross punch with the front hand, cross punch with the back hand, hook punch with the front hand and upper cut with the back hand.



5. Counter Techniques

- Reverse punches to the body – middle block with the front hand and any 3 counter techniques
- Front kicks with the back leg stepping forward – lower block with the front hand and any 3 counter techniques.
- Round house kicks with the back leg – palm block with the back hand and any 3 counter technique.

(Accurate on 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 one – partner steps forward and front kicks to the body.

6. Defence

- Defend again a double grab around the throat.

7. Sparring

- 4 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/>

