

Brown Belt and One White Stripe = 2nd Kyu

To be able to conduct a 2 minute warm up for the class and 2 minute stretch

1. Hand Techniques

- Back fist with the back hand and back fist with the front hand.
- Lunge punch with the front hand and double ridge hand.
- Upper cut with the front hand and hook punch with the back hand.
- Elbow strike inwards with the front hand and elbow strike outwards with the back hand.
- Hammer fist with the front hand, inwards hammer fist with the back hand.

(Accurate in both stances)

2. Feet Techniques

- Axe kick with the front leg and spinning axe kick with the back leg.
- Hook kick and roundhouse kick with the front leg.
- Jumping side kick with the front leg. Jumping side kick with the back leg.
- Jumping back kick with the back leg.

(Accurate in both stances)

3. Combinations

Hand set four

- Palm strike with the front hand, back fist with the front hand, spinning back fist with the back hand, palm strike with the back hand and ridge hand with the back hand.

Feet set four

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

Combination set four

- Jumping front kick and jumping spinning axe kick with the back leg, back fist with the front hand, hook kick with the front leg and spinning broom sweep with the back leg.

Kickboxing set four

- Parry with the front hand, cross punch with the back hand, knee strike inwards and round kick with the front leg and jumping spinning back kick.



Brown Belt and One White Stripe = 2nd Kyu (Continued 1)



4. Blocks

- Knee block inwards with the front knee.
- Knee block inwards with the back knee.
- Upper block with the front hand, middle block with the back hand, lower block with the front hand and defence block.

Black Belt Block Kata

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

5. Counter Techniques

- Reverse punches to the body – middle block with the front hand and any 4 counter techniques.
- **Front kicks with the back leg stepping forward – lower block with the front hand and any 4 counter techniques.**
- Round house kicks with the back leg – palm block with the back hand and any 4 counter techniques.

(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 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 hook punch to the head.
- Defend against a double grab on the top.
- Defend against a single wrist grab.

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/>

