

## Adult's Syllabus

### **Brown Belt = 4th Kyu**

#### **1. Hand Techniques**

- Elbow strike upwards with the back hand.
- Elbow strike outwards with the front hand.
- Elbow strike upwards with the back hand.
- Elbow strike outwards with the front hand.

(Accurate on both stances)

#### **2. Feet Techniques**

- Front kick and round house kick with the front leg.
- Double round house kick with the front leg.
- Side snap kick with the front Leg.
- Jumping round house kick with the front leg.
- Jumping spinning crescent kick with the back leg.
- Spinning Hook Kick with the back leg.

(Accurate on both stances)

#### **3. Combinations**

##### Hand Set Three

• Jab with the front hand, reverse punch with the back hand, lunge punch with the front hand, hammer fist with the front hand, double ridge hand.

##### Feet set three

• Front Sweep with the front leg, hook sweep with the back leg, spinning broom sweep with the back leg and spinning axe kick with the back leg.

##### Combination set three

• Front kick, roundhouse kick, side kick and hook kick with the front leg without putting the leg down, spinning hook kick, sweep and axe kick with the back leg, reverse punch and palm strike downwards with the back hand.

##### Kickboxing set three

• Hook punch with the front hand, uppercut with the back hand, uppercut with the front hand and hook with the back hand.

#### **4. Blocks**

- Knee block outwards with the front knee.
- Knee block outwards 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 Block Kata A, B and C.



**Brown Belt = 3<sup>rd</sup> Kyu (Continued)**



**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 one – partner steps forward and front kicks to the body.

**6. Defence**

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

- Defend against straight punch to the head.
- Defend against a double grab around the throat.
- Defend against a hook punch to the head.

**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/>

