

Green Belt = 6th Kyu

1. Hand Techniques

- Jab with the front hand and reverse punch with the back hand.
- Back fist with the front hand ridge hand with the front hand.
- Hook punch with the front hand.
- Upper cut with the back hand.

(Accurate on both stances)

2. Feet Techniques

- Front kick with the front leg and round house kick with the back leg.
- Side kick with the front leg and front kick with the back leg.
- Double round house kick with the front leg.

(Accurate on both stances)

3. Combinations

- Round house kick with the front leg, reverse punch with the back hand, side kick with the front leg and hammer fist with the front hand.
- Ridge hand with the front hand, side kick with the front leg, jab with the front hand and front kick with the back leg

4. Blocks

Block Kata - Part A, B, C and D.

5. Counter Techniques

- Jab to the head – upper block with the front hand and any 2 counter techniques.
- Reverse punches to the body – middle block with the front hand and any 2 counter techniques.
- Front kicks with the back leg stepping forward – lower block with the front hand and any 2 counter techniques.

One Step Sparring

- One Step Sparring Drill One – partner steps forward and punches to the head with the front hand.
- One Step Sparring Drill Two – partner steps forward and punches to the body with the front hand.
- One Step Sparring Drill Three – partner steps forward and front to the body with the front leg.

6. Defence

- Defend from straight punch to the head.
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7. Sparring

- 3 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/>

