

Orange Belt = 7th Kyu

1. Hand Techniques

- Jab with the front hand.
- Reverse punch with the back hand.
- Back fist with the front hand.
- Ridge hand with the front hand.
- Hammer fist with the front hand.

(Accurate on both stances)

2. Feet Techniques

- Front kick with the front leg.
- Round kick with the front leg.
- Side kick with the front leg.
- Hook kick with the front leg.
- Front kick with the back leg.
- Round kick with the back leg.
- Side kick with the back leg.
- Hook kick with the Back leg.

3. Combinations

- Jab with the front hand, front kick with the back leg and reverse punch with the back hand.
- Roundhouse kick with the front leg, reverse punch with the back hand and side kick with the front leg.
- Ridge hand with the front hand, side kick with the front leg and front kick with the back leg.

4. Blocks

- Front hand upper block, front hand middle block and front hand lower block

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand and any two counter techniques.
- Partner reverse punches with the back hand – middle block with the front hand and any two counter techniques.
- Partner front kicks with the back leg – lower block with the front hand and any two counter techniques.
- Partner front kicks with the front leg – lower block with the back hand and any two counter techniques.
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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.

6. Defence

- Partner attacks with mixed combination of techniques, whilst you move around the area blocking without countering.

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/>

