

Orange and White Belt = 9th 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
- Ridge hand with the back hand.

(Accurate on both stances)

2. Feet Techniques

- Hook kick with the front leg.
- Hook kick with the back leg.
- Front kick with the back leg.
- Roundhouse kick with the back leg.
- Side kick with the back leg.

(Accurate on both stances)

3. Combinations

- 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

Block Kata

- Block Kata A and B

5. Counter Techniques

- Jab to the head – upper block with the front hand and any 1 counter technique.
- Reverse punches to the body – middle block with the front hand and any 1 counter technique.

One Step Sparring

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

6. Defence

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

7. Sparring

- 2 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/>

