

Purple Belt - 4th Kyu

1. Hand Techniques

- Palm strike with the front hand high
- Palm strike with the back hand low
- Lunge punch with the front hand.

(Accurate on both stances)

2. Feet Techniques

- Axe kick with the front leg.
- Back kick with the back leg.
- Knee strike upwards with the back leg.
- Knee strike inwards with the back leg.
- Whip kick with the front leg.
- Jumping front leg front kick.
- Jumping front kick with the back leg.

(Accurate on both stances)

3. Combinations

Hand set two

- Elbow strike inwards with the front hand, elbow strike outwards with the back hand, elbow strike upwards with the front hand, elbow strike downwards with the back hand.

Feet set two

- Front kick, roundhouse kick, side kick, hook kick with the front leg.

Combination set two

- Hook kick with the front leg, hook kick with the back leg, step back, side kick with the front leg, spinning hook kick, stepping forward front hand jab and spinning back fist.

Kickboxing set two

- Knee strike up with front leg, knee strike in with back leg, jab with the front hand, cross punch with the back hand.

4. Blocks

- Lower spear hand block with the front hand.
- lower spear hand block with the front hand.
- Double spear upwards and double spear downwards.

Black Block Kata A, B and C.



5. Counter Techniques

- Jab to the head – upper block with the front hand and any 3 counter techniques.
- Reverse punches to the body – middle block with the front hand and any 3 counter techniques.
- Front kicks with the back leg stepping forward – lower block with the front hand and any 3 counter techniques.
- Round house kicks with the front leg – palm block with the front hand and any 3 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 from straight punch to the head.
- Defend against a double grab around the throat.

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/>

