

Red and White Belt - 13th Kyu

1. Basic

Recite School Mission Statement

“In Martial Arts we achieve, in life we succeed”

“I will develop myself in a positive manner, I will avoid anything that may reduce my mental or physical growth”

(Assessed in classes prior to testing day)

- Relaxed position.
- Attention stance.
- Ready position.
- Guard stance.
- Horse-riding stance.

2. Hand Techniques

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

3. Feet Techniques

- Front kick off the front leg.
- Roundhouse kick off the front leg.
- Side kick off the front leg.

4. Combinations

- Jab with the front hand and Front kick with the front leg.

5. Blocks

- Star Block Drill (No 1)

6. Counter Techniques

- Partner jabs to the head – upper block with the front hand.

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/>

