

Adult's Syllabus



Yellow 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

2. Feet Techniques

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

4. Combinations

- Jab with the front hand, front kick with the back leg and reverse punch with the back hand.
- Round house kick with front leg, reverse punch with the back hand and side kick with the front leg.

3. Blocks

- Back hand upper block
- Back hand middle block
- Back hand lower block

5. Counter Techniques

- Jab to the head – upper block with the front hand and any 1 counter techniques.

One step sparring

One step sparring drill one – partner steps forward and punches to the head.

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/>

