

Yellow and White Belt - 11th Kyu

1. Hand Techniques

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

(Both Stances)

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.

3. Combinations

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

4. Blocks

- Star Block Drill (No 3)

5. Counter Techniques

- Jabs to the head – upper block with the front hand.
- Reverse punches with the back hand – middle block with the front
- Front kicks with the back leg stepping forward – lower block with the front hand.

6. Defence

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

