

Brown Belt and Two White Stripes – 1st Kyu

To be able to conduct a 2 ½ minute warm up for the class and 2 ½ minute Stretch

1. Hand Techniques

- Front hand and back hand cross punch.
- Hook punch with the back hand and upper cut with the front hand.
- Elbow strike upwards with the front hand and elbow strike downward with the back hand.
- Palm strike high with front hand and palm strike low with the back hand.

(Accurate in both stances)

2. Feet Techniques

- Front snap kick with the front leg, side snap kick with the back leg and whip kick with the front leg.
- Front kick and roundhouse kick, with the front leg without putting your foot down.
- Side kick and hook kick with the back leg without putting your foot down.
- Upward knee strike with the front leg and inwards knee strike with the back leg.
- Jumping spinning back kick with the back leg
- Spinning Crescent kick with the back leg.

(Accurate in both stances)

3. Combinations

Hand set five

- Backfist with the front hand, backfist with the back hand, spinning backfist with the back hand, backfist with the back hand, backfist with the front hand and reverse punch with the back hand.

Feet set five

- Roundhouse kick with the front leg, 360° roundhouse kick with the back leg, double roundhouse kick with the front leg and jumping front thrust kick with the back leg.

Combination set five

- Jab with the front hand, lunge punch with the front hand, double roundhouse kick with the front leg and front kick with the back leg.

Kickboxing set five

- Knee strike upwards with the front leg, knee strike inwards with the front leg, knee strike upwards with the back leg, knee strike inwards with the back leg, round house kick with the front leg and 360° round house kick with the back leg.

(Accurate in both stances)

4. Block

- Upper spear hand block with the front hand, upper spear hand block with the back hand and double spear hand block upwards.
- Lower spear hand block with the front hand, lower spear hand block with the back hand and double spear hand block downwards.



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- Elbow Block with the front hand.
- Elbow Block with the back hand.

Black Belt Block Kata.

Black Belt Block Kata part A, B, C, D and E

5. Counter Techniques

- Reverse punches to the body – middle block with the front hand and any five counter techniques.
- Front kicks with the back leg stepping forward – lower block with the front hand and any five counter techniques.
- Round house kicks with the back leg – palm block with the back hand and any five counter techniques.

(Accurate in 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 three – partner steps forward and front kicks to the body.
- Your own one step sparring drill – not using any moves from previous one step sparring sets.

6. Defence

Break free and counter with self-defence techniques to the following

- Defend against a single grab on the top.
- Defend against a double wrist grab.
- Defend against a grab from around the throat from behind.

- Defend against a knife attack from above.

7. Sparring

- 5 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/>

