

Green and White Belt = 7th Kyu

1. Hand Techniques

- Back fist with the front hand.
- Ridge hand with the front hand.
- Hammer fist with the front hand.
- Back fist with the back hand.
- Ridge hand with the back hand.
- Hammer fist with the back hand.
(Accurate on both stances)

2. Feet Techniques

- Front kick and round kick with the front leg.
- Round kick and side kick with the front leg.
- Side Kick and hook kick with the front leg.
(Accurate on both stances)

3. Combinations

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

3. Blocks

- Block Kata A, B and C.

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand and any two counter techniques.
- Partner reverse punches with the back hand – middle block with the front hand and any two counter techniques.
- Partner front kicks with the back leg – lower block with the front hand and any two counter techniques.
- Partner front kicks with the front leg – lower block with the back hand and any two counter techniques.

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.

6. Self Defence

- Attacker grabs your shoulder from behind.

7. Sparring

3 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/>

