

# **Orange to Blue belt requirements**

## **ZDK V6.1**



### **ASSESSMENT - Blue**

After a minimum of 20 sessions from the last grading, a student will be assessed in the following format:

#### **WARM UP:**

- 2 minute personal routine
- 15 pushups/situps

#### **PRELIMINARY: stances**

- Shoulder width
- Preparation
- Bow
- Cover
- Lunging
- Horse

#### **PRELIMINARY: footwork**

- Stamp (Advance/retreat)
- Moving side to side
- Step Through
- Backslide

#### **PRELIMINARY: hands**

- Jab, Cross
- Cross, Jab
- Cross, Hook
- Jab, Overhand
- Cross, Hook
- Backfist

#### **PRELIMINARY: kicks**

- Front
- Round
- Side
- Rear Angle
- Back
- Crescent kick

#### **PRELIMINARY: elbows**

- Round
- Overhead
- Reverse

#### **PRELIMINARY: knees**

- Straight
- Round
- Grapple

## DRILLS

- 1) Stamp lead hand uppercut elbow, rear leg thrust knee
- 2) Lead hand round elbow, spinning reverse elbow (to the front)
- 3) Rear hand back elbow, turn and step through, rear leg straight knee, grapple and turning knee
- 4) Switch lead knee, rear hand round elbow
- 5) Rear leg thrust knee (return foot to the back), rear leg round knee, lead hand drop elbow

## DEFENCES

### Deflections

- Upper
- Middle
- Lower

### Checks

- Low
- High
- Cross

## FORMWORK

First 9 moves of Iron Horse

## SELF DEFENCE

5 self defence techniques from a step through right cross

## FREWORK

1, one minute round demonstrating boxing and kicking techniques

## PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

1, one minute round on each of the three pads, demonstrating offensive and defensive skills, and countering

## SPARRING

3, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, also showing clinching (where appropriate)

## COOL DOWN

1 minute of static stretching, which is not assessed.