

Yellow to Orange belt requirements

ZDK V6.1



ASSESSMENT - Orange

After a minimum of 15 sessions from the last grading, a ZDK student will be assessed using the following format:

WARM UP

- 1 minute personal routine
- 15 Pushups/Situps

PRELIMINARY: footwork

- Stamp (Advance/retreat)
- Moving side to side

PRELIMINARY: hands

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

PRELIMINARY: kicks

- Front
- Round
- Side
- Rear Angle
- Back

DRILLS:

- 1) Rear leg side kick (to the side), turn to the target and push kick
- 2) Left leg push kick, right leg round kick and land forward, Right side kick (to the front)
- 3) Rear leg high check, counter with rear leg round kick
- 4) Backslide parry from a rear leg push kick (so a defence), lead leg thigh kick, rear leg round kick (high)
- 5) Lead leg back kick, rear leg back kick (alternate the legs)

DEFENCES:

- Low check
- High check
- Cross check

FREWORK

- 1, one minute round demonstrating boxing and kicking techniques **only**

PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

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

skills, and countering

COOL DOWN

1 minute of static stretching, which is not assessed.