

Blue to Green belt requirements

ZDK V6.1



ASSESSMENT - Green

After a minimum of 20 sessions from the last grading, a student will be assessed in the following format (NB all techniques should be done in motion):

WARM UP:

- 2 minute personal routine
- 30 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
- Palm Heel

PRELIMINARY: kicks

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

PRELIMINARY: elbows

- Round
- Overhead
- Reverse
- Uppercut

PRELIMINARY: knees

- Straight
- Round
- Grapple
- Turning Knee
- Grapple turning knee

DRILLS

- 1) Lead leg low check, jab, cross, rear leg hook kick
- 2) Slip to the front past a right cross, lead hand body rip, maul, round kick
- 3) Rear back kick, rear back fist, turn and clinch knee
- 4) Switch inside thigh, rear cross, lead hook, rear leg thrust knee
- 5) Jab, cross, weave (to the right), switch knee, rear hand elbow

DEFENCES

- Deflections
 - Upper
 - Middle
 - Lower

- Checks
 - Low
 - High
 - Cross

FORMWORK

- Iron Horse
- 3 Battles

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

- 5, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, showing clinching where appropriate

COOL DOWN

- 1 minute of static stretching, which is not assessed.