

# Green to Brown belt requirements

## ZDK V6.1



### ASSESSMENT - Brown

After a minimum of 6 months 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
- 50 pushups/situps

#### PRELIMINARY: stances

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

Wrist flick

#### PRELIMINARY: kicks

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

#### PRELIMINARY: footwork

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

#### PRELIMINARY: elbows

- Round
- Overhead
- Reverse
- Uppercut

#### PRELIMINARY: hands

- Jab, Cross
- Cross, Jab
- Cross, Hook
- Jab, Overhand
- Cross, Hook
- Backfist
- Palm Heel
- Ridge Hand
- Axe/Knife Hand
- Spear Hand

#### PRELIMINARY: knees

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

#### DRILLS

- 1) Lead leg low check, jab, cross, rear leg hook kick, spinning side kick
- 2) Rear leg double round kick (low/high), step through, spinning side kick
- 3) Lead high (face) centre deflection, rear hand palm heel, lead hand ridge hand, spinning rear hand backfist
- 4) Lead hand palm heel, reverse elbow to back, rear hand cross to front, backfist to the rear
- 5) Reverse elbow to the rear, cross to the front, clinch and turn, knee, maul

#### DEFENCES

- Deflections
- Upper

Middle  
Lower

Checks

Low  
High  
Cross

Wrist Grab – single and double hand

Lapel Grab – single and double hand

Rear Grabs:

Shoulder Grab  
Cross Shoulder Grab  
Double Shoulder Grab  
Bear Hug  
Headlock  
Hair Grab  
Wrist grab

**FORMWORK**

Iron Horse  
3 Battles  
Rotating Palms

**SELF DEFENCE**

5 self defence techniques from a step through right cross – responses can be individual or club-based, as per instructions on page 23

**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**

8, 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.