



ELEMENTAL KICKBOXING
ACADEMY LEEDS

1st Dan Black Belt Grading Requirements – Kata Form

Bow/s, ready stance,

Left stance, jab, cross, reverse leg front kick (land forward), reverse leg roundhouse kick (land forward), front leg side kick, (90° clockwise) reverse arm backfist, (180° anticlockwise) downwards outside block, (step through) reverse punch, (90° anticlockwise) reverse leg front kick, (stepping through) reverse ridge hand strike.

(Right Stance) Spinning backfist, reverse leg forwards knee strike, (90° anticlockwise) reverse leg hook kick, (stepping through) round elbow strike, spinning forwards elbow strike, (270° clockwise) reverse arm side hammer fist, (stepping through) reverse arm forwards knife hand strike, reverse arm downwards hammer fist, front leg sweep, (follow through) reverse punch.

(Left stance) Reverse leg round knee strike (land forward), spinning outside crescent kick (land forwards), (horse stance) jab left, jab right, hook left, hook right, uppercut left, uppercut right, left leg rising kick (drop in left stance), slip left, reverse arm rising elbow block (step through), slip right, reverse arm rising elbow block, (90° anticlockwise) (left stance) scissor front kick (fake reverse), reverse leg axe kick.

(Right stance) chamber reverse leg side kick (hold) (hop in) side kick x3, (stepping through) reverse arm rising elbow strike, back kick, (270° clockwise) outside block, reverse punch, front arm round punch, front leg scissor roundhouse kick, (90° anticlockwise) double roundhouse kick, reverse leg double side kick (land forward), (270° anticlockwise) spinning hook kick.

Horse stance (double rising block, double ridge hand strike, double rising knuckle strike) right leg rising kick (land forward), reverse leg roundhouse kick (land forward), spinning sweep, (90° anticlockwise) forwards roll (from floor and land in right stance) jumping front kick, (90° anticlockwise) blitz (jab, cross, jab, cross) into a cartwheel, (90° anticlockwise) front kicks x4 (front kicks at speed/left, right, left, right) (90° anticlockwise) tornado kicks x3 (return to starting position)

Bow/s, ready stance

