

## Orange Belt Requirements

### Kicks

- \_\_\_\_\_ 1. Front Snap (w/cover)
- \_\_\_\_\_ 2. Front Thrust
- \_\_\_\_\_ 3. Front Side Knife Edge
- \_\_\_\_\_ 4. Cocking Rear Thrust
- \_\_\_\_\_ 5. Side Thrust Knife Edge
- \_\_\_\_\_ 6. Side Thrust Heel
- \_\_\_\_\_ 7. Front Foot Wheel front / back
- \_\_\_\_\_ 8. Defensive/Offensive Wheel
- \_\_\_\_\_ 9. Knee Front
- \_\_\_\_\_ 10. Knee Wheel
- \_\_\_\_\_ 11. Front Snap to Wheel
- \_\_\_\_\_ 12. Low Middle High Wheel
- \_\_\_\_\_ 13. Front to Side to Rear Thrust

### Blocks

- \_\_\_\_\_ 1. Inward Block
- \_\_\_\_\_ 2. Extended Outward Block
- \_\_\_\_\_ 3. Vertical Outward Block
- \_\_\_\_\_ 4. Upward Block
- \_\_\_\_\_ 5. Downward Block
- \_\_\_\_\_ 6. Chamber Block -2

### Strikes

- \_\_\_\_\_ 1. Lead Hand Strike
- \_\_\_\_\_ 2. Reverse Punch Traditional
- \_\_\_\_\_ 3. Reverse Punch Side Fist
- \_\_\_\_\_ 4. Back-Fist
- \_\_\_\_\_ 5. Hook Punch
- \_\_\_\_\_ 6. Uppercut
- \_\_\_\_\_ 7. Lead to Reverse to Back Fist
- \_\_\_\_\_ 8. Kiai

### Techniques

- \_\_\_\_\_ 1. Attacking the Circle
- \_\_\_\_\_ 2. Sumo
- \_\_\_\_\_ 3. Japanese Strangle Hold (ABCDE)
- \_\_\_\_\_ 4. Blocking the Kick (ABCDE)
- \_\_\_\_\_ 5. Headlock (ABC)
- \_\_\_\_\_ 6. Crash of the Eagle I (ABCDE)
- \_\_\_\_\_ 7. Grasping Talon (AB)
- \_\_\_\_\_ 8. Tackle Techniques (ABCD)
- \_\_\_\_\_ 9. Dancer
- \_\_\_\_\_ 10. Opponents at Sides (ABCD)
- \_\_\_\_\_ 11. Passing the Horizon (AB)
- \_\_\_\_\_ 12. Kimono Grab (AB)
- \_\_\_\_\_ 13. Lever (ABC)
- \_\_\_\_\_ 14. Crashing Elbow (AB)
- \_\_\_\_\_ 15. Heel Hook
- \_\_\_\_\_ 16. Bridge (AB)
- \_\_\_\_\_ 17. Eagles Beak (ABC)
- \_\_\_\_\_ 18. Front Bear Hug (ABCDE)
- \_\_\_\_\_ 19. Scimitar
- \_\_\_\_\_ 20. Breaking the Cross
- \_\_\_\_\_ 21. Aiming the Spear
- \_\_\_\_\_ 22. Raising the Staff
- \_\_\_\_\_ 23. Lowering the Gate (AB)
- \_\_\_\_\_ 24. Rocking Elbow
- \_\_\_\_\_ 25. Reverse Hammerlock (AB)
- \_\_\_\_\_ 26. Anvil (ABCD)
- \_\_\_\_\_ 27. Knee Lift
- \_\_\_\_\_ 28. Crane Leap (ABCD)
- \_\_\_\_\_ 29. Driving Elbows (AB)
- \_\_\_\_\_ 30. Crossing Guard (AB)

### Kata

- \_\_\_\_\_ 1. Short 1

### Stances

- \_\_\_\_\_ 1. Horse Stance - 3
- \_\_\_\_\_ 2. Fighting Horse
- \_\_\_\_\_ 3. Defensive Fighting Stance
- \_\_\_\_\_ 4. Offensive Fighting Stance