

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