

Orange Belt Requirements

Kicks

- _____ 1. Front Snap (w/cover) v6
- _____ 2. Front Thrust v7
- _____ 3. Front Side Knife Edge v9
- _____ 4. Cocking Rear Thrust v14
- _____ 5. Side Thrust Knife Edge v9
- _____ 6. Side Thrust Heel v9
- _____ 7. Front Foot Wheel front / back v6
- _____ 8. Defensive/Offensive Wheel v10
- _____ 9. Knee Front v10
- _____ 10. Knee Wheel v10
- _____ 11. Front Snap to Wheel v10
- _____ 12. Low Middle High Wheel v10
- _____ 13. Front to Side to Rear Thrust v13

Blocks

- _____ 1. Inward Block y
- _____ 2. Extended Outward Block y
- _____ 3. Vertical Outward Block
- _____ 4. Upward Block y
- _____ 5. Downward Block v2
- _____ 6. Chamber Block -2 v7

Strikes

- _____ 1. Lead Hand Strike v5
- _____ 2. Reverse Punch Traditional v5
- _____ 3. Reverse Punch Side Fist v5
- _____ 4. Back-Fist v5
- _____ 5. Hook Punch v11
- _____ 6. Uppercut v11
- _____ 7. Lead to Reverse to Back Fist v5
- _____ 8. Kiai v11

Techniques

- _____ 1. Attacking the Circle v1
- _____ 2. Sumo v1
- _____ 3. Japanese Strangle Hold (ABCDE) v2
- _____ 4. Blocking the Kick (ABCDE) v2
- _____ 5. Headlock (ABC) v3
- _____ 6. Crash of the Eagle I (ABCDE) v3
- _____ 7. Grasping Talon (AB) v5
- _____ 8. Tackle Techniques (ABCD) v5
- _____ 9. Dancer v6
- _____ 10. Opponents at Sides (ABCD) v6
- _____ 11. Passing the Horizon (AB) v7
- _____ 12. Kimono Grab (AB) v7
- _____ 13. Lever (ABC) v8
- _____ 14. Crashing Elbow(AB) v8
- _____ 15. Heel Hook v9
- _____ 16. Bridge (AB) v9
- _____ 17. Eagles Beak (ABC) v10
- _____ 18. Front Bear Hug (ABCDE) v10
- _____ 19. Scimitar v11
- _____ 20. Breaking the Cross v11
- _____ 21. Aiming the Spear v12
- _____ 22. Raising the Staff v12
- _____ 23. Lowering the Gate (AB) v12
- _____ 24. Rocking Elbow v13
- _____ 25. Reverse Hammerlock (AB) v13
- _____ 26. Anvil (ABCD) v13
- _____ 27. Knee Lift v14
- _____ 28. Crane Leap (ABCD) v14
- _____ 29. Driving Elbows (AB) v14
- _____ 30. Crossing Guard (AB) v15

Kata

- _____ 1. Short 1 v4

Stances

- _____ 1. Horse Stance - 3 v1
- _____ 2. Fighting Horse v4
- _____ 3. Defensive Fighting Stance v1
- _____ 4. Offensive Fighting Stance v1