

ORANGE BELT REQUIREMENTS

Teens and Adults

Student must have a minimum of 50 classes

- Protocol
 - Understanding the meaning of bowing procedures.
 - Understand how to tie a belt properly.
 - Students must demonstrate respect, honor, and discipline for others at all times.
- Terminology
 - Domo - Thank you
 - Sensei - Teacher/Instructor
 - Kiba dachi - Horse Stance
 - Fudo dachi - Attention/Ready Stance
 - Seiken zuke - Straight Punch
 - Mae geri - Front Kick
 - Yoko geri - Side Kick
- Warm-up
 - 30 Jump rope or Jumping jacks
 - 15 Push-ups
 - 20 V-ups
 - 30 Spider push-ups
 - 1 Minute hold six inch leg lift
 - 5 Minutes to stretch
- Basics
 - Stances
 - Attention/Ready Stance
 - Horse Stance
 - Front Stance
 - Strikes
 - Straight Punch
 - Back Fist
 - Tiger Claw
 - Palm Heel
 - Elbow to the Rear
 - Elbow to the Side
 - Blocks

Clap Block
Outside Forearm Block

Rising Block
Low Sweeping Block

Kicks

Front Kick
Round House Kick

Side Kick

- Kata

Katsu - Energy

Student must be able to perform continuously without help.

- Self-Defense

Double Wrist Grab

Set 1 - Clap hands

Set 2 - Circle hands out

Set 3 - Clap hands, reverse grip, control attacker

Double Lapel Grab

Set 1 - Circle hands out

Set 2 - Hand between, circle out

Set 3 - Strike and circle

Bear Hug From Behind

Set 1 - Stomp, kick, elbow, elbow, kneel and twist

- Kumite Sets

Front hand low, Back hand high

Set 1 - Block back fist

Set 2 - Block round house kick, squeeze elbow to elbow

Bag Work

45 seconds of strikes

45 seconds of kicks

45 seconds of strikes and kicks