

ORANGE BELT REQUIREMENTS

Children

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
 - Instructor will use his/her discretion with number totals or time length of warm-up depending on age and ability.
 - 20 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
 - Ready/Attention Stance
 - Horse Stance
 - Front Stance

Strikes

Straight Punch
Back Fist
Tiger Claw

Palm Heel
Elbow to the Rear
Elbow to the Side

Blocks - All blocks may be executed against a blocker.

Rising Block
Low Sweeping Block

Outside Forearm Block
Hand Clap Block

Kicks

Front Kick
Round House Kick

Side Kick

- Kata

Katsu - Energy

Student must be able to perform continuously without help.

- Self-Defense

Self-Defense against a child

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

Self-Defense against an adult

Single Wrist Grab

Set 1 - Side kick to knee, tiger claw, run and yell for help

Set 2 - Front kick to groin, tiger claw, run and yell for help

Bear Hug From Behind

Set 1 - Heel to groin, elbows, tiger claw, run and yell for help

- 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