

Orange Belt Requirements



Student Development: *Positive Attitude*

- Front shoulder roll
- Back shoulder roll
- Side shoulder roll

- Outside single block
- Inside single block
- Rising block
- Ridge block

- Straight jab
- Reverse punch
- Upper-cut
- Hook punch

- Opposite-point kick
- Turning-heel kick
- Spin kick
- Axe kick
- Scoop kick
- Tailbone kick
- Back kick

- Defense from a over-belt grab
- Defense from an under-belt grab
- Defense from a ground choke

- Understanding and application of circular motion