

Orange Belt

Examination requirements

2 of 3

Belt Concept: Quickness and Alertness

RED STRIPE

A. Technical 4 Count Double Side Kick

1. Knee inside kick fold (chamber)
2. Side kick extension Kick twice and lock
3. Refold side kick (re-chamber)
4. Foot down

B. Technical 3 Count Double Round Kick

1. Round kick fold
2. Round kick Snap and re- fold twice
3. Foot down

BLUE STRIPE

C. Combinations

1. Offensive front punch, back punch, front ridge hand
2. Offensive front punch, front leg front kick, back punch
3. Offensive front punch, front leg side kick, back punch
4. Offensive front punch, front leg round kick, back ridge hand

GREEN STRIPE

D. Sparring drills

1. Slide round kick to stomach, back fist to the head, back punch to the body
2. Defense against leaping back fist: Upper block, back punch to the body
3. Defense against round kick: Side step, front hand block, back hand ridge hand

YELLOW STRIPE

E. “Hanguk” form meaning “Korea” (performed to the Korean National Anthem)

Dong-hea-mugwa Bead-du-san-i ma-reu— godal to-rog Ha -neu-nim-i bo-u-has-sa u-ri-na-ra-man- se Mu-gung-hwa sam-cheon-li hwa-reyeo- gang-san Dae-han-sa-ram Dae-hane-u-ro gi-ri-bo- jeon-ha-se.	Until the East Sea goes dry and Peaktu Mountain falls May our glorious nation last and God preserve its walls Rose of Sharon fairest blossom flower of our land God preserve this folk as one, the people of Dae-han
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Note: Minimum 30 lessons
All previous belt requirements