

# ORANGE BELT TECHNIQUE LIST

## 1. Stances

- Forward
- Horse
- High Back
- Cat
- *Crossed X*

## 2. Kicks

- Front
- Side
- Roundhouse
- Back
- Hook
- Crescent
- *Reverse Crescent*
- Stepping
  - Side
  - Back
  - Hook
- *Spinning*
  - *Back*
  - *Hook*
- Flying
  - Front
  - Crescent
  - *Side*
  - *Roundhouse*

## 3. Elbows

- Upward
- Backward
- Forward
- Sideward
- Downward

## 4.

## 5. Knife Hands

- Vertical
- Horizontal
- Side
- Inward
- *Ridgehand*

## 6. Fist Strikes

- Punch
- Backfist
- Jab
- Cross
- Hook
- Hammer Fist
  - Vertical
  - Horizontal
  - Side
  - Inward

## 7. $\frac{1}{2}$ -Fist

- *Upward Palm*
- *Forward Palm*

## 8. Blocks

- Foot
- Middle Area
- Rising
- Outside
- Palm
- Knife
- Bell
- Leg
- *Rising X*
- *Monkey*
- *Low Palm*

## 9.

## 10. Kali

- 3 Angles
  - Strikes
  - Defence
- 6 Patterns

## 11. Form

- Kempo 1,2 (full &  $\frac{1}{2}$ )

## 12. Self Defence

- Wrist Grab
- Hair Grab
- Bear Hug
- Head Lock
- Full Nelson
- $\frac{1}{2}$  Nelson
- Rear Choke
- Choke Out
- *Front Choke*
- *Lapel Grab*

## 13. Combinations

- 1, 2, 3

## 14. Sparring

- Full &  $\frac{1}{2}$ -Speed
- 4-Corners
- $\frac{1}{2}$ -Circle
- Circle

*Italicized items* are new at this belt level.