

ORANGE BELT REQUIREMENTS

STANCES	BACK STANCE	DEFENSIVE DIAGONAL SIDE STEP		
BLOCKS	KNIFE HAND INSIDE BLOCK	KNIFE HAND LOW BLOCK		
PUNCHES/STRIKES	KNIFEHAND STRIKE	ELBOW SMASH		
KICKS	INSIDE CRESCENT	JUMP ROUNDHOUSE W/O FAKE	CHARGING SIDE KICK	COUNTER SIDE KICK
STRIKE DEFENSE	*SEE DEFENSE SHEET			
GRAB DEFENSE	*SEE DEFENSE SHEET			
TAKEDOWNS	JUDO TAKEDOWN BETWEEN LEGS			
GROUND ESCAPE	IN GUARD CHOKE DEFENSE			
WEAPON DEFENSE	BASEBALL BAT DEFENSE			
SPARRING	SPARRING WITH GEAR. OPEN HAND TO SIDE OF HEAD AND STRAIGHT PUNCH TO FACE			
FORM	ORANGE BELT FORM			
	TAEGEUK SAM JANG			

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