

ORANGE BELT REQUIREMENTS

STANCES	ALL PREVIOUS BELT STANCES		BACK STANCE	
BLOCKS	KNIFE HAND INSIDE BLOCK		KNIFE HAND LOW BLOCK	
PUNCHES/STRIKES	KNIFEHAND STRIKE		LATERAL HIGH ELBOW STRIKE	
KICKS	INSIDE CRESCENT	JUMP ROUNDHOUSE W/O FAKE	CHARGING SIDE KICK	COUNTER SIDE KICK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>			
TAKEDOWNS	JUDO TAKEDOWN BETWEEN LEGS			
SPARRING	SPARRING WITH GEAR KICKS TO BODY, OPEN HAND TO SIDE OF HEAD, STRAIGHT PUNCH TO FACE			
FORM	(ORANGE/WHITE TO ORANGE) TAEGUEK SAM JANG MOVES 1-6	(ORANGE TO ORANGE/BLACK) TAEGUEK SAM JANG MOVES 1-12	(ORANGE/BLACK TO GREEN/WHITE) TAEGUEK SAM JANG MOVES 1-20	

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