

Orange to Red Belt Requirements

BLOCKS

1. Double Palm Front Block
2. Double Palm Side Block
3. X Knifehand
4. Hooking

WORKBOOK

- See Sensei
p. 40, #20
p. 42, #25
p. 44, #33

TRAINING TOOL

- Blocker
Blocker
Blocker
Blocker

STRIKES

1. Mountain Punch
2. Hammerfist
3. Forearm
4. Rising Elbow

WORKBOOK

- p. 50, #11
p. 52, #17
p. 25, #21
p. 60, #50

TRAINING TOOL

- Large Body Shield
Small Body Shield
Small Body Shield
Small Body Shield

KICKS

1. Check Kick
2. Hopping Side Kick
3. Jump Front Snap Kick
4. Back Leg Side Kick

WORKBOOK

- p. 67, #16
See Sensei
p. 69, #2
p. 67, #7

TRAINING TOOL

- Blocker
Large Body Shield
Double Focus Pad
Large Body Shield

STANCES

1. Extreme Cat Stance
2. Added Stance
3. Crossed Stance
4. X Stance

WORKBOOK

- See Sensei
p. 31, #13
p. 34, #25
p. 34, #26

TRAINING TOOL

- Workbook
Workbook
Workbook
Workbook

SELF-DEFENSE

1. Full Nelson
2. Front Bear Hug
3. Shoulder Grab
4. Single Hand Grab
5. Double Hand Grab
6. Side Headlock

WORKBOOK

1. Grab opponents head, throw, elbow strike, finish move
2. Drop down, push back, rising knee kick, rising knee kick, side kick
3. Arm bar, take down, palm strike, snap kick
4. Outward wrist lock, use elbow for arm bar, twist to take down, punch head
5. Make small outward circle to then grab opponent's wrists, pull into rising knee kick, pull one arm, then take other arm by throat, kick out leg, take to ground, punch
6. Palm strike to spine, ridgehand to throat, roundhouse knee kick

TRAINING TOOL

- Video
Video
Video
Video
Video
Video

KATA

1. Kumo Sah Dan
2. Pyong Sah Dan

WORKBOOK

- Handout
Handout

TRAINING TOOL

- Video
Video

Orange to Red Belt Requirements

ONE STEPS

16. **V. Roundhouse Kick:** low X block, grab twist push on foot to ground, low side kick
17. **V. Downward Hammerfist:** high X, twist arm, low side kick to knee, reach around choke
18. **V. Spinning Back Kick:** side step, double grasping, low kick to knee pit, while lifting on kicking leg, dropping knee to spine, punch to back of head
19. **V. Elbow Strike to Head:** Duck, high Palm block, Ridgehand to midsection, put foot behind, pushing to ground, palm strike to face
20. **V. Axe Kick:** Side step, kick to supporting leg, vertical punch to face, forearm strike
21. **V. Mountain Punch:** Scissor Block, Dragon comes out of the water, Crescent kick to head

WORKBOOK

See Sensei

See Sensei

See Sensei

See Sensei

See Sensei

See Sensei

TRAINING TOOL

Video

Video

Video

Video

Video

Video

PERSONAL REQUIREMENTS

1. Stances and Footwork Patch
2. Create Ten Self-Defense Moves

WORKBOOK

Merit Badge Book

See Sensei

TRAINING TOOL

Practice

Practice



Stances & Footwork Merit Badge

Minimum Rank Required: Purple

Student must perform and explain seven stances. Student must also demonstrate the following footwork listed below:

Seven Stances

Switch

Step

Double Step

Shuffle Step

Back Step

Front Leg Turn

Back Leg Turn

Pivot Turn

Double Step Turn

Front Leg Offstep

Back Leg Offstep

Instructor: _____ Date: _____

Notes:
