

ORANGE BELT CURRICULUM

Training Period: 4 Months	Minimum Classes: 32
Required Equipment: Headgear & Mouthpiece	

PUNCHES:

FINGER FLICK	FRONT HAND
VERTICAL PUNCH	REAR HAND
BODY DIG	FRONT & REAR HAND

KICKS:

HOOK KICK	FRONT LEG
TURN KICK	BACK LEG
JUMP ROUND KICK	FRONT LEG KICKS
PULLING SIDE KICK	FRONT LEG - SLIDE UP KICK

KATA ("HYUNG," FORM OR PATTERN):

TAN GUN	"LEGENDARY FOUNDER OF KOREA"
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BLOCKS (BASICS): (SAME ARM/LEG OUT)

RECTANGULAR BLOCK
SWEEP SPEAR

ESCAPES:

REAR CHOKE
FULL NELSON (KIDS – ANGER MANAGEMENT 10 COUNT)

ONE STEPS:

CLASSICAL -KNIFEHAND BLOCK/REVERSE PUNCH/ LOW HIGH KICK/KIAI
PRACTICAL - INTERCEPT BLOCK/GRAB/DOUBLE KNEE STRIKE /ELBOW/KIAI

COMBINATIONS:

PULLING LOW ROUND KICK/HIGH ROUND KICK
BACKFIST/HOOK KICK/REVERSE PUNCH/HOOK/PUNCH/ROUND KICK

SPARRING:

POINT KARATE

BREAKING:

SIDE KICK

ALL GOLD BELT CURRICULUM IMPROVED

ORANGE BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. The character trait of Determination means that "many begin, not everyone finishes - push yourself through the hard times."
2. The kata Tan Gun means the Legendary Founder of Korea.
3. A kata should be practiced 300 times before testing is allowed.
4. You need Respect & Concentration to learn martial arts.
5. To keep control of my temper I can count to ten before I act.

TRUE OR FALSE

6. Karate means "the way of the empty hand." True
7. Loose, relaxed punches and kicks are faster. True
8. Kiyap is the Korean word for "spirited yell." True
9. When you feel like hitting, remember to only use your might for right. True
10. To Break, I need to focus, fold tight, hit with my heel and yell. True