



Advanced Orange Belt Adult's Requirements:

*New Techniques from Orange Belt
Also Responsible for all Material Previous Learnt*

Hand Techniques:

Blocks:

Double Low Block

Strikes:

Ridge Hand Strike

Tiger Punch

Hammer Fist Strike

Kicks:

Inside Axe Kick

Inside Crescent Kick

Kicking Combinations:

Roundhouse Spin Inside Axe

Roundhouse Inside Axe

Forms:

Dan Gun - Legendary Founder of Korea

Other Skills:

No Contact Sparring

Moving Basics

Break:

Any Side Kick

Self Defense:

A8-A10

Korean Language and Related Trivia:

- ❑ Sparring- gyuh roo gi
- ❑ Forms – poomse
- ❑ What is perseverance?
- ❑ What Is Self-Control?
- ❑ How Many Knees are bent in a; Front, back, horse riding and walking stance?