



Orange Belt Adult's Requirements:

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

Stances:

Walking Stance

Hand Techniques:

Blocks:

Double Knife Hand Block

Double Forearm Block

Strikes:

Inverted Knife Hand Strike

Knife Hand Strike

Kicks:

Spin Back Kick

Kicking Combinations:

Roundhouse Spin Back Kick

Forms:

Tae Guk Il Jang – 1st Tae Guk Form

Other Skills:

No Contact & Start Light Contact Sparring

Moving Basics

Self-Defense:

A6 & A7

Breaking:

Axe Kick

Korean Language and Related Trivia:

- ✚ What is a Combination?
- ✚ What Does “Reverse” mean referring to a hand technique?
- ✚ What is footwork? Why do we use it?
- ✚ Difference between thrust kicks and snap kicks, which type of kicks are each of the kicks we know?
- ✚ The meaning of the following black belt principles: Modesty & Courtesy
- ✚ Begin/Start – Shee Jock
- ✚ Back to Center- Go Mahn
- ✚ Turn Around- Dee Rho Doh Rah