

Orange Belt Test

Mandate:

**A Clear Understanding of the Techniques on Test
Speed is Not Required**

Power is Required

Upper and Lower Body Separation (2 Sec)



I. Kihon / Basics

1. Lunge Punch – Front Stance _____
2. Reverse Punch – Front Stance _____
3. Downward Block / Reverse Punch – Front Stance _____
4. Rising Block / Reverse Punch – Front Stance _____
5. Inside Fore Arm Block / Reverse Punch – Front Stance _____
6. Outside Fore Arm Block / Reverse Punch – Front stance _____
7. Knife Hand Block – Back Stance _____
8. Front Snap Kick _____
9. Side Snap Kick _____
10. Front Thrust Kick _____
11. Side Thrust Kick _____
12. Turns _____

II. Kata / Forms

1. Heian Shodan PK _____
2. Heian Nidan _____

III. Waza

1. Linear Defensive _____
2. Linear Offensive _____

IV. Dashi / Stance

1. Ready _____
2. Front _____
3. Back _____
4. Horse _____

Candidate: _____

Examiner: _____

Date: _____