



THE ACADEMY OF MARTIAL ARTS

# ORANGE BELT

SHIJIAN ZI-WEI BELT REQUIREMENTS

## Fundamentals

### STANCES

Base  
Horse Stance  
Fighting Stance

### MANEUVERS

Step-Drag

### BLOCKS

Inward  
Outward  
Upward  
Downward

### STRIKES

Handsword  
Palm Heel

### KICKS

Front Kick  
Side Kick

### PUNCHES

Jab  
Cross

## Self-Defense

- 1) Avoiding the Takedown – *Sprawling Tiger*
- 2) Front Wrist Grab – *Crossing Talon*
- 3) Side Shoulder Grab – *Obscure Salutation*
- 4) Front Hair Grab – *Eagle's Beak*
- 5) Front Two-Hand Choke – *Control*
- 6) Two Hand Push – *Rolling Thunder*
- 7) Side Headlock – *Reversing Lock*
- 8) Front Bear Hug – *Bear Stretch 2*

## Kidnap Evasion / Dealing with Bullies

- 1) Be able to explain who has the right to touch you and who doesn't.
- 2) Know the three rules of Kidnap Evasion
- 3) Talk with your parents about when it's OK to fight, and when it is not.

## Star Block Form



*Strength is important  
Technique is essential  
But character is paramount*

