



ORANGE BELT

BELT REQUIREMENTS

Fundamentals

STANCES

Reverse Bow
Wide Knee
Close Knee

MANEUVERS

Switch
Side Cover
Rear Cover
Front Roll
Back Roll
Sprawl

BLOCKS

Inside Downward
(Palm Up)
Inside Downward
(Palm Down)

KICKS

Front Thrust
Side Thrust
Back Thrust
Knee

PUNCHES

Roundhouse
Vertical Roundhouse
Body Hook

STRIKES

Inward Hammer Fist
Outward Hammer Fist
Reverse Hand Sword
Reverse Hammer Fist
Thrusting Palm Heel
Upward Elbow
Back Elbow

Self-Defense

- 1) **Lone Kimono** - Single Chest Grab – Front
- 2) **Mace of Aggression** - Double Chest Grab or Choke – Front
- 3) **Obscure Wing** - Shoulder Grab – Behind
- 4) **Crossing Talon** - Cross Wrist Grab - Front
- 5) **Dancing Wing** - Choke / Grab – Behind
- 6) **Thrusting Prongs** - Bear Hug Arms Held – Front
- 7) **Crashing Wings** - Bear Hug Arms Free - Behind
- 8) **Spinning Sacrifice** - Bear Hug or Full Nelson – Behind
- 9) **The Wedge** - Full Nelson - Behind
- 10) **Death Drop** - Headlock – Side
- 11) **Death Toss** - Headlock - Behind (opponent pulls back)
- 12) **Driving Wedge (AB)** - Two Hand Push - Front
- 13) **Triggered Hammer** - Single Push – Front
- 14) **Five Swords** - Street Fighter Punch – Front
- 15) **Shielding Hammer** - Roundhouse Punch – Front
- 16) **Dance of Death** - Reverse Punch – Front
- 17) **Thrusting Salute** - Straight Kick – Front
- 18) **Buckling Branch** - Straight Kick - Front
- 19) **Sprawling Tiger** - Tackle – Front
- 20) **Preceding the Storm** - Roundhouse Club Attack

Orange Belt Freestyle



"The ultimate aim of Karate
lies not in victory or defeat,
but in the perfection of the character
of its participants."
-Gichin Funakoshi

