

Advanced Orange Belt Children'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 Roundhouse Roundhouse Spin Back kick

Forms:

Dan Gun - Legendary Founder of Korea

Other Skills:

No Contact Sparring

Moving Basics

Break – Any Side Kick

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?