



# Orange Belt Adult's Requirements:

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*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 – 1<sup>st</sup> 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