

RANK STUDY GUIDE - JUNIOR ORANGE BELT

Junior Orange belt introduces the H-Pattern and the idea of forms. These are like class notes for karate - the forms and techniques teach us ways to move.



KULA ONA KUPALE

BASICS:

- Block Set
- Fist Strike Set
- How to Punch In
- Fighting Stance
- Guard
- Step-Drag Footwork
- Salutation / Bow
- Jab/Cross on Mitts
- Basic Posture
- Horse Stance
- Shrimping
- 12 Proper Pushups
- Takedown Footwork
- Sprawl
- Wrist Release
- Forward Roll
- Backward Roll
- Improved Focus

TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Parting Wings

FORMS:

- Basic H-Pattern

SPARRING:

- Participates in Slow-speed Sparring Game
- Participates Sparring Footwork Drills