

## RANK STUDY GUIDE - ORANGE BELT

Orange belt is an important step in your martial arts journey - you have learned how class works and can make the most of it. It is not enough to learn the new things - you must keep practicing all of the things you learned as well.



KULA ONA KUPALE

### BASICS:

- All Yellow Belt Basics
- Fist Strike Set
- Hand Strike Set
- Block Set
- Fighting Stance
- Horse Stance
- Step-Drag Footwork
- Bear Hug Defense
- Salutation / Bow
- Jab/Cross/Hook on Mitts
- Stick angles 1 & 2
- Defense against Stick Angle 1
- 12 Proper Pushups
- Takedown Footwork
- Sprawl
- Wrist Release
- Forward Roll
- Backward Roll
- Elbow Escape
- Shrimping
- 1 Guard Pass

### TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Parting Wings
- Facing the Tiger

### FORMS:

- Basic H-Pattern
- Kempo Jutsu Kata One

### SPARRING:

- Participates in Slow-speed Sparring Game
- Participates in medium speed free sparring (no head contact)
- Three beat sparring drills