ORANGE BELT
LITTLE DRAGONS

REQUIREMENTS

FORMS:
Testing on all white through Orange Belt Curriculum

1. Star Blocks
2. Moving Star Blocks
3. Universal 1
4. Universal 2

SELF DEFENSE:
NVP & Choice speech
Palm strikes/Eye rakes
   Elbows
   Knees
   Thrust front kick
   Shin Kick

SPARRING:
Slide Back/Forward
Step Back/Forward
   Combo #1
   Combo #2

KICKS:
Up chagi-front snap kick
Dol-lyeo cha-gi - roundhouse kick
Yup chagi- side kick
Chigi chagi- axe kick

JUMP KICKS:
Idan Up cha-gi -Jump Front snap kick
Idan Yup cha-gi -Jump Side kick
Idan Dole-yeo Cha-gi- Jump Round House Kick

Falling (Nakbup)
   Falling Forward
   Falling Backward
   Falling Sideways