

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## ORANGE BELT Dragons and Teen/Adult REQUIREMENTS

### FORMS:

#### Palgwe I Chang & All Beginning Forms

1. Turn left 90 degrees, front stance, high block with left hand, front kick to chin with right foot
2. Step forward, front stance, **stomach punch** with right hand
3. Turn right 180 degrees, front stance, high block with right hand, front kick to chin with left foot,
4. Step forward, front stance, **stomach punch** with left hand
5. Turn left 90 degrees, back stance, low double Sudo
6. Step forward, back stance, double middle Sudo
7. Step forward, front stance, high block with left hand
8. Step forward, front stance **under the nose punch** with right hand and "KI YUP"
9. Turn left 270 degrees, front stance, high block with left hand, front kick to chin with right foot
10. Step forward, front stance, **stomach punch** with right hand
11. Turn right 180 degrees, front stance, high block with right hand, front kick to chin with left foot
12. Step forward, front stance, **stomach punch** with left hand
13. Turn left 90 degrees, back stance left foot lead, low double block
14. Step forward, back stance right foot lead, middle double block
15. Step forward, back stance, "out to in" middle block with left hand
16. Step forward, front stance, **under the nose punch** with right hand and "KI YUP"
17. Turn left 270 degrees, front stance, high block with left hand, front kick to chin with right foot
18. Step forward, front stance, **stomach punch** with right hand
19. Turn 180 degrees, front stance, high block with right hand, front kick to chin with left foot
20. Step forward, front stance, **stomach punch** with left hand

### ONE STEPS:

1-6

### KICKS:

Front, Round side kick, Axe kick, Jump front kick

### SELF DEFENSE:

Knees, Thrust Front kick, Shin kick  
ALL CQT's

### FALLING TECHNIQUES:

Falling Sideways

### TERMINOLOGY:

#### Stances:

Front: Chongul Jase  
Back: Hugul Jase  
Horse: Kima Jase

**3 D's-** Detect, Defuse, Defend