

ORANGE BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Reverse Swing Kick (front leg)

Front Vertical Round Punch

PATTERN - TAE UM SA JUL

(Ready Stance to Front Stance) Outward Block, Front Leg Side Kick, Side Fist Strike, Rear Round Punch, Dodge, Rear Round Punch.

COMBINATION

(Front Stance) Outward Block, Front Leg Side Kick, Side Fist Strike, Rear Round Punch, Dodge, Rear Round Punch.

SPEED DRILL #2

(Front Stance) Move Forward, Front Punch, Front Punch, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Move in the pattern of a X

Attack: Exchange Ki Haps and then attack with a single hand or foot technique

Defense: Block initial attack while moving in the X pattern then "C" step and counter

AIR SHIELD

Air Shield Attack with free movement

POWER TEST

Rear Round Punch

Congratulations! You are now an Intermediate Student!

Adult Students can now take the Farmington Martial Arts Ground Defenses.

Junior Students can now take the Farmington Martial Arts Intermediate Class.