

## **ORANGE BELT SENIOR REQUIREMENTS**

### MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

### NEW TECHNIQUES

Reverse Swing Kick (rear leg)

Rear Vertical Round Punch

### PATTERN: TAE UM SA JANG

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

Last Direction: Add Front Punch.

Turning is performed by pivoting on both feet 90 degrees and stepping straight back with the new front foot. Turn towards the left during the Right Side and turn towards the right during Left Side

### COMBINATION

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

Side Kick Front Leg

### CLOSE RANGE (ADULT ONLY)

Front clinch.