



Rank Requirements – Orange Belt

BLOCKS

- SOTO UCHI UKE - OUTSIDE FOREARM BLOCK
- GEDAN UCHI BARAI - DOWNWARD BLOCK FROM OUTSIDE TO INSIDE
- GEDAN OTOSHI - DOWNWARD SWEEPING BLOCK
- REINFORCED BLOCK
- LOWER X BLOCK
- KNIFE HAND BLOCK

STRIKES

- GYAKU ZUKI - REVERSE PUNCH
- KAZAMI ZUKI - LEAD JAB PUNCH
- NIHON ZUKI - DOUBLE PUNCH
- SANBON ZUKI - TRIPLE PUNCH
- THREE POINT PUNCH SET

STANCES

- CAT STANCE
- SIDE STANCE
- BACK STANCE
- DIAGONAL STANCE

KICKS

- SIDE THRUST KICK
- BACK THRUST KICK
- STAMPING KICK
- REN GERI - FRONT LEG FIRST LAND FORWARD
- NIDAN GERI - BACK LEG FIRST LAND BACKWARD

DIRECTIONAL MOVEMENTS

- DIAGONAL OF THE SQUARE (TURN 135°)
- CROSS-OVER
- HOPPING
- 8 MOVEMENTS, 4 DIRECTIONS

KATAS

- TAIKYOKU GEDAN UKE - LOW BLOCK
- TAIKYOKU CHUDAN UKE - MIDDLE BLOCK
- TAIKYOKU EMPIGO – High, Middle, Low Blocks
- [TAIKYOKU ALSO IN FORWARD STANCE]

KUMITE

- YODAN KUMITE - FOUR LEVEL PRE-ARRANGED SPARRING
- TAKEN FROM THE 8 POINT BLOCKING SYSTEM

STAMINA

Side stretches: 100

- 150 with-outer chop

Pushups:

- 20 knuckle
- 15 fingertips

Chin/Chest/Abdomen: 10

Squat kicks: 10

Jumping jacks: 50

Sit-up: 50

Leg crosses

- On back: 5
- Sitting up: 5

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