

# Victory Martial Arts

## ORANGE BELT REQUIREMENTS

1. All White Belt and Yellow Belt Requirements.

2. Form Name.....Do San

Number of Movements.....24

Definition.....Do San (for 6R&6D) Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

3. Terminology

Uniting mind and Body.....Ki

Basic Movement.....Ki Bon Dong Jak

Inside Block.....Anuro Makki

Fist.....Chu muk

Palm Heel Strike.....Chang Kwon Chee Gi

To Kick in a Crescent or circular way.....Frigi

Spinning Heel Kick.....Dwi Dora Fri

Spinning Hook Kick.....Duie Hoo Ru Cha Ghee

You Are Welcome.....Cho Man Ne Yo

4. Meaning of the Belt: orange belt means "The changes of autumn"

5. Performance

Forms

15 one-steps

Sparring