

ORANGE BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /795): _____ %

REQUIREMENTS FOR TESTING: 10 COMPLETED CLASS HOURS, 1 TOURNAMENT

WRITTEN EXAM: _____ /15 **40 PUSH-UPS** **40 SIT-UPS**

TECHNIQUES

RIGHT SIDE

LEFT SIDE

ROUNDHOUSE KICK	5	10	15	20	5	10	15	20
DOUBLE ROUNDHOUSE KICK	5	10	15	20	5	10	15	20
HOOK KICK	5	10	15	20	5	10	15	20
KNIFE HAND STRIKE	5	10	15	20	5	10	15	20
LEAD RIDGE HAND STRIKE	5	10	15	20	5	10	15	20
BACK RIDGE HAND STRIKE	5	10	15	20	5	10	15	20
CHECK HIGH	5	10	15	20	5	10	15	20
CHECK LOW	5	10	15	20	5	10	15	20
SPINNING SIDE KICK	5	10	15	20	5	10	15	20
BACK FIST – FIGHTING PUNCH	5	10	15	20	5	10	15	20
HOOK KICK – ROUNDHOUSE	5	10	15	20	5	10	15	20
ROUNDHOUSE – SPINNING BACK KICK	5	10	15	20	5	10	15	20

KATAS

H FORM #1	5	10	15	20	H FORM #3	5	10	15	20
H FORM #2	5	10	15	20	H FORM #4	5	10	15	20

SELF DEFENSE – TOOLS & TARGETS

SELF DEFENSE - GRABS

EYE ATTACK	5	10	15	20	REAR CHOKE HOLD	5	10	15	20
SLAP / EAR ATTACK	5	10	15	20	REAR BEAR HUG – OVER	5	10	15	20
PALM HEEL STRIKE	5	10	15	20	REAR BEAR HUG – UNDER	5	10	15	20
HAMMER FIST	5	10	15	20	FRONT BEAR HUG – OVER	5	10	15	20
KNEE STRIKE	5	10	15	20	FRONT BEAR HUG – UNDER	5	10	15	20
					SIDE HEAD LOCK	5	10	15	20