

ORANGE BELT TEST

NAME: _____ **AGE:** _____ **DATE:** _____

GRADED BY: _____ **TOTAL SCORE:** (_____ /1,015): _____ %

REQUIREMENTS FOR TESTING: 10 COMPLETED CLASS HOURS, 1 TOURNAMENT

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

<u>TECHNIQUES</u>		<u>RIGHT SIDE</u>				<u>LEFT SIDE</u>			
CAT STANCE	5	10	15	20		5	10	15	20
BACK STANCE	5	10	15	20		5	10	15	20
BACK FIST BLOCK	5	10	15	20		5	10	15	20
SINGLE KNIFE HAND BLOCK	5	10	15	20		5	10	15	20
DOUBLE KNIFE HAND BLOCK	5	10	15	20		5	10	15	20
CUP AND SAUCER STACK	5	10	15	20		5	10	15	20
LOW X BLOCK	5	10	15	20		5	10	15	20
HIGH X BLOCK	5	10	15	20		5	10	15	20
OPEN X BLOCK	5	10	15	20		5	10	15	20
CLOSED X BLOCK	5	10	15	20		5	10	15	20
FOREARM BLOCK	5	10	15	20		5	10	15	20
DOUBLE FOREARM BLOCK	5	10	15	20		5	10	15	20
ROUNDHOUSE KICK	5	10	15	20		5	10	15	20
DOUBLE ROUNDHOUSE KICK	5	10	15	20		5	10	15	20
KNIFE 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
COVER	5	10	15	20		5	10	15	20
BACK FIST – FIGHTING PUNCH	5	10	15	20		5	10	15	20

POINT TOTAL FOR TECHNIQUES: _____ / 760

ORANGE BELT TEST CONTINUED

KATA

BEGINNER FORM #1 (TAIKYOKU SHODAN)	5	7	10	12	15	18	20
BEGINNER FORM #2 (HIGH BLOCK & FRONT KICK)	5	7	10	12	15	18	20
BEGINNER FORM #3 (BACK STANCE)	5	7	10	12	15	18	20

POINT TOTAL FOR KATA: _____ / 60

SELF DEFENSE – TOOLS & TARGETS

EYE ATTACK	5	7	10	12	15	18	20
SLAP / EAR ATTACK	5	7	10	12	15	18	20
PALM HEEL STRIKE	5	7	10	12	15	18	20
HAMMER FIST	5	7	10	12	15	18	20
KNEE STRIKE	5	7	10	12	15	18	20

POINT TOTAL FOR TOOLS & TARGETS: _____ / 100

SELF DEFENSE – GRABS

FRONT WRIST GRAB	5	7	10	12	15	18	20
REAR WRIST GRAB	5	7	10	12	15	18	20
FRONT CHOKE HOLD	5	7	10	12	15	18	20
REAR CHOKE HOLD	5	7	10	12	15	18	20

POINT TOTAL FOR SELF-DEFENSE GRABS: _____ / 80