



## Junior Orange Belt Study Sheet

### Stances

- Ready Stance
- Side Fighting Stance
- Front Fighting Stance

### Blocks

- Butterfly Blocks: (High, Low, Inside, Outside)
- Traditional Blocks: (High, Middle, Low)

### Punches

- Jab
- Jab/Cross Combo
- Palm Strikes

### Kicking

- Roundhouse Kick
- Side Kick
- Step-In Side Kick

### Self Defense Techniques

- One Self Defense move against a grab
- One SD move against a punch

### History/Traditions

- Demonstrate and explain the bow performed upon entering the DOJO.
- Demonstrate and explain the closing ceremony conducted at the end of each class.

### Belt Tying

- Remove belt and tie it back

### Katas

- Taikyoku