

# ORANGE BELT

## Basics:

Shuffle Jab, Jump Wheel, Roundhouse Kick  
Shuffle Jab, Reverse Punch, Roundhouse, Roundhouse Kick

## Defenses and Breakouts:

For Basics Above.

## Verbals:

11. Critical Distance Line: It is a point in distance where one person can strike another before they can respond.
12. What is your longest strike to keep opponent away?  
Side Kick.
13. What are two options if opponent gets past side kick?  
Step back to create room to kick again or use your hands.

## Critical Distance Line Drill:

- A. Moves inside the critical distance line and back out without being hit.

Person "A" is learning where their partner's striking range is. They are trying to get a feel for how close they can get and still have enough time to get away without being hit. It is wise for "A" to change up how close they move in to be less predictable. As "A" gets comfortable with the range, they can try to follow strikes in, staying covered.

- B. Keeps partner away with strikes on a starting line. They can shuffle or jump forward with one strike only.  
This is to isolate each strike so your partner can learn about controlling the distance from each individual strike.

Person "B" is learning where their striking range is. "B" can strike on way back to line and as many times as needed on the line. The longest strike to keep partner away with is the side kick. If partner gets past or inside your side kick, you can either step back to create room to kick again or use your hands. "B" learns not to waste strikes if partner is out of range.

### **Awareness Reaction Drill:**

- A. Leads and tries to stay one step ahead and defends strikes.  
"A" can circle out if needed.
- B. Follows in realistic sparring range and can do any one strike at any time, but always moving out imagining partner could strike back to keep it real.