

## ORANGE BELT 3<sup>rd</sup> STRIPE

### Basics:

Chop, Open Hand Cover  
Ridgehand

### Defenses Timing and Countering Techniques:

Wheel Kick  
Roundhouse Kick 1

### Point Sparring

### Verbal:

16. Breathing Technique 2: While sparring shuffle out of striking range and feel your mind, body, and emotions relax as you breathe in through the nose and out of the mouth.

### Free Sparring