

## ORANGE BELT TEST

**Break-Free Techniques:** One time each side.

Push Defense  
Double-Wrist Grab  
Hammerlock  
Strangle Hold  
Tackle 1-2

### **Defenses:**

Defense for Shuffle Jab, Jump Wheel Kick  
Defense and Circle Out  
Defense and Break Out  
Defense, Set and Fire Strike

Defense for Shuffle Jab, Reverse Punch, Roundhouse Kick  
Defense and Circle Out  
Defense and Break Out  
Defense, Set and Fire Strike

### **Drills:**

Critical Distance Line Drill:

- A. Does In and Out 1.
- B. Hold the line and keep them away with strikes.

Awareness Reaction Drill:

- A. Leads and defends.
- B. Follows and does any one strike.

**Basics:** Two times each side.

Jab

Hammerfist

Palm Heel

Claw Hand

Forearm

Cover, Slip and Cover

Knee Up and Cover 1-2-3

Foot Sweep

Side Thrust Kick – Front Leg

Side Thrust Kick – Back Leg

Jump Side Kick

Jump Wheel Kick

Shuffle Jab, Jump Wheel, Roundhouse

Shuffle Jab, Reverse Punch, Roundhouse, Roundhouse

Fake Side Kick, Jab

Fake Wheel Kick, Jab

Fake Jab, Reverse Punch

Fake, Reverse Punch, Jab

Shuffle Jab, Lunge Punch

Lunge Punch, Lunge Punch

**Stances:** Low Horse Stance  
Hold for 1-minute while saying verbals.

**Verbals:**

1. Breathing Technique 1: Relax, breathe in through the nose, deep into your lower abdomen, and let it out of the mouth.
2. What is the most important principle in self-defense?  
Preventive Defense: Always respect, Awareness, and Avoid.
3. Respect Rule 1: Watch what you say or do that could set yourself up for consequences.

Respect Rule 2: Watch what you don't say or don't do that could set yourself up for consequences.

4. Listening Technique 1: Be still, eye contact, repeat message.
5. Positive Manner:
  - I) Belief in yourself;
  - II) Feeling positive;
  - III) Being supportive of yourself and others;
  - IV) Do or say only positive things to set up positive consequences.
6. Four Rules of Concentration:
  - I) Focus your eyes;
  - II) Focus your ears;
  - III) Focus your mind; and
  - IV) Focus your body.
7. Self-Discipline: Doing things without being told.
8. What does being in good position mean?  
Ready to strike, ready to defend, and being in good range.
9. How big is the ring? Two steps back.
10. What are two options if you take those two steps?  
Move out or fight out.
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.

**Stretch:** Center Splits  
Hold for 1-minute