

MARTIAL ARTS USA

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JR. Orange Belt LITTLE DRAGONS REQUIREMENTS

FORM:

Universal 2:

1. Back Fist
2. Step Punching
3. Spin Back Fist
4. Kneel Punching
5. Reverse Bow
6. Reverse Bow
7. 4 Spear Hands – Two Face area, Two Stomach area (horse stance)
8. High Block/Down Block (one leg)

KICKS:

Jump Front snap kick- Idan Up cha-gi
Jump Side kick- Idan Yup cha-gi

TERMINOLOGY:

Sangdan - high
Jungdan- middle
Hadan- low

Sparring:

Step Back/Forward
Round House, Axe Kick, Round Combo

**Respect- Treating people,
places, or things nicely!**