

MARTIAL ARTS USA

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ORANGE BELT

LITTLE DRAGONS

REQUIREMENTS

FORMS:

Testing on all white through Orange Belt Curriculum

1. Star Blocks
2. Moving Star Blocks
3. Universal 1
4. Universal 2

SELF DEFENSE:

NVP & Choice speech
Palm strikes/Eye rakes
Elbows
Knees
Thrust front kick
Shin Kick

SPARRING:

Slide Back/Forward
Step Back/Forward
Combo #1
Combo #2

KICKS:

Up chagi-front snap kick
Dol-lyeo cha-gi - roundhouse kick
Yup chagi- side kick
Chigi chagi- axe kick

JUMP KICKS:

Idan Up cha-gi -Jump Front snap kick
Idan Yup cha-gi -Jump Side kick
Idan Dole-yeo Cha-gi- Jump Round
House Kick

Falling (Nakbup)

Falling Forward
Falling Backward
Falling Sideways