

MARTIAL ARTS USA

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ORANGE BELT Dragons and Teen/Adult REQUIREMENTS

FORMS:

Palgwe I Chang & All Beginning Forms

1. Turn left 90 degrees, front stance, high block with left hand, front kick to chin with right foot
2. Step forward, front stance, stomach punch with right hand
3. Turn right 180 degrees, front stance, high block with right hand, front kick to chin with left foot,
4. Step forward, front stance, stomach punch with left hand
5. Turn left 90 degrees, back stance, low double Soto
6. Step forward, back stance, double middle Soto
7. Step forward, front stance, high block with left hand
8. Step forward, front stance face punch with right hand and "KI YUP"
9. Turn left 270 degrees, front stance, high block with right hand, front kick to chin with right foot
10. Step forward, front stance, stomach punch with right hand
11. Turn right 180 degrees, front stance, high block with right hand, front kick to chin with left foot
12. Step forward, front stance, stomach punch with left hand
13. Turn left 90 degrees, back stance, low double block
14. Step forward, back stance, middle double block
15. Step forward, back stance, "out to in" middle block with left hand
16. Step forward, front stance, face punch with right hand and "KI YUP"
17. Turn left 270 degrees, front stance, high block with left hand, front kick to chin with right foot
18. Step forward, front stance, stomach punch with right hand
19. Turn 180 degrees, front stance, high block with right hand, front kick to chin with left foot
20. Step forward, front stance, stomach punch with left hand

ONE STEPS:

1-6

FALLING TECHNIQUES:

Falling Sideways

KICKS:

Front, Round side kick, Axe kick, Jump front kick

SELF DEFENSE:

Knees, Thrust Front kick, Shin kick
ALL CQT's

TERMINOLOGY:

Stances:

Front: Chongul Jase
Back: Hugul Jase
Horse: Kima Jase

3 D's- Detect, Defuse, Defend