



ORANGE Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Back Stance
 - Low Knife Hand
 - Low Block, Closed Fist
 - Inside-Out Middle Block

Forms

- Pal-Gwe #2

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Rear Shoulder Grab
- Parry with Footwork

Self Defense testing

3. HAND TECHNIQUES

- Step Side Double Punch
- Lunging Double Punch
- Stationary Spinning Back Fist
- Ridge Hand
 - Lunging
 - Retreating
- Jab
 - Stationary
 - Lunging

Hand Testing

4. KICKING TECHNIQUES

- Front
- Round
- Side
- Crescent
- *New Techniques*
 - Hook Kick (Front, Back)
 - Front, Round Kick (Front, Back)
 - Spinning Crescent Kick
 - Switching Front Kick
 - Skipping Hook Kick
 - Skipping Round Kick

Kick testing

5. COMBINATIONS

- Skipping Hook Kick – Back Fist – Turn Back Kick – Back Fist
- Side Step Double Punch – Rear Leg Round Kick

Combo Testing