



ORANGE BELT

Orange Belt signifies the rising sun, shedding light on the dawn of a new day — the beginning of good things. In the Martial Art student it represents a new mindset and a new skill set that is truly beginning to strengthen and grow. Your Martial Arts instructor, your fellow students, and your training will shed light on the path for you to follow.

ORANGE BELT CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Blocks
 - Outer Forearm Block
 - Twin Outer Forearm Block
2. Taekwondo Strikes
 - Spearhand
3. Taekwondo Jump Spin Kicks
 - Jump Spin Crescent Kick
 - Jump Spin Side Kick
 - Jump Spin Hook Kick
4. Taekwondo Sparring - Free Sparring
5. Muay Thai Defense
 - Cover against low hook or low cross, follow with appropriate punch

ORANGE BELT CURRICULUM - JUN FAN / JEET KUNE DO

1. Counter o'ou tek with side step, follow with combo

ORANGE BELT CURRICULUM - KALI / ESKRIMA / SILAT

1. Amarra
 - Small Loop Left
 - Small Loop Right
2. Footwork
 - X Pattern Footwork
 - ◊ Pattern Footwork
 - ✱ Pattern Footwork
3. Combat application of 3 Count
4. Sinawali - Mirrors
5. KDM Hand Drills
 - 5 Line Drill
 - Inside Sweep Drill

