

Orange Belt Requirements

(Adolescents/Adults)

Techniques

Clutching Feathers
Triggered Salute
Twisted Twig
Dance of Death
Gift of Destruction
Locking Horns
Lone Kimono
Glancing Salute
Five Swords
Buckling Branch
Scrapping Hoof
Grip of Death
Crossing Talon
Reversing Mace
Shielding Hammer
Crashing Wings
Locked Wing
Obscure Wing
Repeating Mace
Thrusting Prongs
Obscure Sword

Kicks

Spur
Inward Crescent
Outward Crescent
Chicken
Falcon
Chop
Buckle
Front Scoop

Stances

Rear Crossover Fighting
Close Kneel Front Crossover
Fighting Horse Wide Kneel
Twist

Forms

Long 1
Kicking Set

Blocks

Parry
18-Point Blocking
Outward Extended
Fan Block

Strikes

Eagle Beak
Heel Palm
Ridge Hand
Inward Elbow
Outward Elbow
Downward Elbow
Eye Poke
Uppercut
Snake Head Strike
Tiger Claw

Sets

5-count
7-count

Jui-Jitsu

Double Snake
Controlling Fangs

Fitness

15 Pushups
15 Sit Ups
10 Leg Lifts

Pressure Points/Anatomy

Torso (Front & Back), Legs and Feet

Meditation

None

Principles

Thinning	Width Zones	Angle of Departure	Borrowed Force
Contouring	Depth Zones	Black Dot Focus	Kenpo Patch
Recoil	Wasted Motion	White Dot Focus	Range
Height Zones	Hung Phase	3 Points of View	

“Simplicity is the shortest distance between two points” –Bruce Lee

“Old ideas, like old medicine, can be dangerous to have around after it has done its job”

-Ed Parker Sr.

“Contrary to modern thinking; strength, size, height, or weight are not prerequisites in using your knowledge effectively” -Ed Parker Sr.

Therapeutic Parallels/Assignments

Assignment – Range is the principle that focuses on distance between you and another person. In life we create distance between ourselves and others through our behaviors (lying, cheating, shutting off emotions, lack of communication, aggressive communication, violence, etc.). This is usually done for many reasons; one of the biggest reasons being safety. However, we often find that these behaviors do not actually help us to feel more safe or more happy, but less safe or happy. Complete the assignment on this topic to be turned in before or at your next test.

Assignment – Black Dot Focus represents total or increased awareness. White Dot Focus represents limited or more concentrated awareness. Complete the assignment on these two types of focus to be turned in before or at your next test.

Assignment - Recoiling means to bounce back. In life, the ability to bounce back is called resilience. Complete the assignment on this subject to be turned in before or at your next test.

Assignment- The 3 Points of View one should take in martial arts are one’s own, one’s opponent(s), and the observer’s point of view. Being open minded to other points of view or perspective’s is also important in life. Complete the assignment on this topic to be turned in before or at your next test.