



ORANGE & BROWN BELT TEST

Orange Belt Test

(In addition to required curriculum for the current quarter):

- Tie Belt Correctly
- Student Creed
- Horse Stance
- Stance Set
- Traditional Strikes
 - Straight, Vertical, Hammer, Claw, Palm, Spear, Out & In Swords
- Guard Stance
- Modern Strikes
 - Jab, Cross, Jab-Cross Combo, 4 Count A
- Basic Kicks
 - Rear Front, Lead Side, Rear Round
- 10 Each BB Conditioning

Brown Belt Test

(In addition to required curriculum for the current quarter):

- All Orange Belt Test Requirements
- Star Block Set
- Traditional Strikes
 - Traditional 4 Count A & B
- Modern Strikes
 - Alpha 4 Count A, B, C & D
- Intermediate Kicks
 - Hook, Axe, Out & In Crescent
- Spar Offense & Defense Basics #1-4
- 20 each BB Conditioning