

## **ORANGE BELT REQUIREMENTS**

### **Orange I**

#### **Defense against a right front punch**

1. Step with your left foot towards 10:30 into a left neutral bow.
1. Execute a right outside block
2. Grab your assailant around the neck with both of your arms.
3. Pull your assailant's head forward and down.
3. Execute a right knee to your assailant's body.

### **Orange II**

#### **Defense against a right front punch**

1. Step with your left foot towards 10:30 into a left neutral bow.
1. Execute a right outward block.
2. Execute a right palm heel strike to your assailant's nose.
3. Slip your right around behind your assailant's head and grabs his neck.
4. Pull your assailant's head down.
4. Execute a right knee strike to your assailant's face.
5. Pivot into a horse stance facing 3:00.
5. Execute a left elbow strike to the base of your assailant's skull.

### **Orange III**

#### **Defense against a right front punch**

1. Step with your right foot back towards 6:00 into a left neutral bow.
1. Execute a left inside block.
1. Execute a right outside block, use your right hand to hook and trap your assailant's arm.
2. Execute a right snap kick to your assailant's ribs.
2. Plant your foot towards 3:00 into a right neutral bow facing 3:00.
3. Control your assailant with an armbar.

### **Orange IV**

#### **Defense against a right front punch**

1. Step with your right foot back towards 6:00 into a left neutral bow.
1. Execute a left inside block.
1. Execute a right outside block, use your right hand to hook and trap your assailant's arm.
2. Execute a right roundhouse kick to your assailant's ribs.
3. Break his arm with a left forearm strike to his elbow.
4. Slide along the arm with your left arm to elbow your assailant's jaw.
5. Apply pressure with your left arm to bring your assailant's body down.
6. Execute a left downward elbow to the base of his skull.

### **Orange V**

#### **Defense against a right front punch**

1. Step with your right foot back towards 6:00 into a left neutral bow.
1. Execute a left inside block.
1. Execute a right outside block, use your right hand to hook and trap your assailant's arm.
2. Execute a right snap kick to your assailant's midsection
3. Grab your assailant's head
4. Pull your assailant's head downward.
4. Execute a right knee strike to your assailant's face.

### **Orange VI**

**Defense against a one handed grab to the lapel**

1. Grab your assailant's wrist with both hands.
2. Step your left foot across your right foot in a left front twist stance.
2. Pivot 180 degrees underneath your assailant's arm to face 6:00 in a natural stance.
2. Place your assailant's arm on your shoulder above the elbow to apply an armbar.

### **Orange VII**

**Defense against a one handed grab to the lapel**

1. Execute an outside block with your right hand.
1. Counter grab your assailant's bicep with your right hand.
2. Execute a left hook punch to your assailant's ribs.
3. Follow up with a left hook punch to his head.
4. Flow into an elbow strike to the side of his head.
5. Reverse direction and execute a back elbow to your assailant's face.
6. Flow into a back-fist to the face.

### **Orange VIII**

**Defense against a two hand grab from behind**

1. Step your right foot across behind your left foot towards 9:00 into a left front twist stance.
1. Pivot 180 degrees into a natural stance facing 6:00
1. Execute a right outside block.
1. Grab your assailant's right shoulder with your left arm.
2. Slide both of your hands down to grab your assailant's wrist.
2. Twist to apply a wrist activated armbar. (Come-along hold)

### **Orange IX**

**Defense against a right front punch**

1. From a natural stance step with your left foot towards 10:30 into a left neutral bow.
1. Execute a left inside block.
2. Execute a left back-fist strike to your assailant's face.
2. Trap your assailant's right wrist with your right arm.
3. Bring your left hand down to join your right.
3. Twist your assailant's arm into a wrist activated armbar. (Come-along hold)

### **Orange X**

**Defense against a right front punch**

1. From a natural stance step with your left foot towards 10:30 into a left neutral bow.
1. Execute a left inside block.
1. Execute a right outside block.
2. Trap your assailant's wrist with your right hand.
2. Execute an elbow strike to your assailant's face with your left.
3. Step back with your left foot towards 6:00 into a right neutral bow.
3. Bring your left hand down to join your right.
3. Twist your assailant's arm into a wrist activated armbar. (Come-along hold)

### **Orange XI**



### **Defense against a right front punch**

- 1. Step with your right foot towards 1:30 into a right neutral bow.**
- 1. Execute a left outward block.**
- 2. Execute a left jab to your assailant's face.**
- 3. Drop your left hand down and grab your assailant's right wrist.**
- 3. Execute a right heel palm strike to your assailant's nose.**
- 4. Reach around behind your assailant's head with your right hand and grab his neck.**
- 5. Pull your assailant's head down.**
- 5. Execute a right knee strike to your assailant's face.**
- 6. Bring your right hand down to join your left.**
- 6. Twist your assailant's arm into a wrist activated armbar. (Come-along hold)**

### **Orange XII**

#### **Defense against a right front punch**

- 1. From a natural stance step with your left foot towards 10:30 into a left neutral bow.**
- 1. Execute a left inside block.**
- 1. Execute a right outside block.**
- 2. Trap your assailant's wrist with your right hand.**
- 2. Execute a left heel palm strike to your assailant's jaw.**
- 3. Bring your left hand down to your assailant's elbow.**
- 3. Apply pressure on the back of your assailant's elbow to control with an armbar.**