



Orange Belt Review (7 Kyu)



Orange Belt Customs and Protocol

1. Keep safety in mind at all times.
2. Never take part in an argument,. Avoid unnecessary roughness. Control your temper.
3. Conduct yourself in a formal and respectful manner at all times.
4. Show the proper respect to sensei and all higher ranked students.
5. Refrain from making critical comments about other styles, dojos or intstructors.
6. Keep the dojo clean, neat and respectable.
7. Do not lean against the walls or anything else in the dojo.
8. Guard the shinza and do not touch it or anything on it.
9. Do not touch or use anyone else's weapons without their permission.
10. Exercise and respect the dojo chain of command.
11. During kumite, mouthpieces, hand and groin protection are required. Shin and instep position is optional.
12. No contact to the head region, groin, knees, joints, back or below the belt is allowed. With those exceptions, the target areas are those which are covered by the gi top.
13. Violators will be demoted or expelled from the dojo.



Kick Drills

ATTACKER

1. Step forward, front snap kick
2. Step forward, front side kick
3. Step forward, round house kick
4. Spinning back kick
5. Step forward, front snap kick
Step forward, front side kick
Step forward, round house kick
Spinning back kick

DEFENDER

- Step back, block with palms on inside of attacker's leg.
- Step back, change body, block with palms on inside of attacker's leg.
- Step back, change body, block with palms on inside of attacker's leg.
- Step forward, catch leg, push down on shoulder.
- Step back, block with palms.
Step back, block with palms.
Step back, block with palms.
Step forward, catch leg, push down on shoulder.



Self Defense 7-10

ATTACKER

7. Hair grab
8. Handshake
9. Double lapel grab
10. Face punch

DEFENDER

Step back, press ridge hand against wrist, trap with other hand, apply downward pressure, step back, squat down, lower head.

Step forward, turn 45°, drive elbow into side, turn 35°, raise arm over shoulder, pull down on arm, back fist to groin, back fist to face.

Grab both hands, twist hands outward, step back, pull hands to chest.

Step back, turn 45°, open palm blocks to wrist and elbow, grab wrist, turn 135°, push knife hand down on elbow, lift up on wrist.



7th Kyu Tuite

DESCRIPTION

DEFENDER

- | | |
|-----------------------------------|--|
| 1. Same side wrist, ridge hand | Open hand, wrist circles up and to outside, on top of wrist then down toward centerline with ridge of hand. |
| 2. Opposite wrist, ridge hand | Open hand, wrist circles up and to outside, on top of wrist then down toward centerline with ridge of hand. |
| 3. Both wrists, ridge hands | Open hands, wrist circles up and to outside, on top of wrists then down with ridge of hands. |
| 4. Same side wrist, pull away | Make a fist, twist wrist inward, pull and open hand to opposite shoulder. |
| 5. Same side wrist, bend fingers | Turn grabbed fist palm up, bring opposite wrist under attacker's wrist. Step back, push down on attacker's fingers. Lift up on wrist and step forward. |
| 6. Same side elbow, elbow out | Grab wrist, pointer finger on bend of wrist, step back and turn away from attacker, keep arm against midsection and elbow slightly out. |
| 7. Same side shoulder, circle arm | Grab wrist, step back to straighten arm, circle arm up and to outside, apply pressure just above elbow, step in. |



Bo Exercises

| # Exercise | Side |
|---------------------------------|-------------|
| 1. Head strike | Alternating |
| 2. Horizontal strike | Alternating |
| 3. Helicopter low strike | Alternating |
| 4. Helicopter horizontal strike | Alternating |
| 5. Vertical block | Alternating |
| 6. Solar plexus jab | Same side |
| 7. Head jab | Same side |
| 8. Circle solar plexus jab | Same side |
| 9. Circle chest high jab | Same side |
| 10. Rear end down strike | Same side |
| 11. Rear end up strike | Same side |
| 12. Circle 8 | Alternating |
| 13. Stomach roll strike | Same side |



Bo Shodan

| # | STEP | STANCE | TECHNIQUE |
|-----|--------------------------|-------------|--|
| | <i>Yoi</i> | Attention | Bo on right side, left hand grabs bo |
| 1. | Left back | Right front | Right head strike |
| 2. | Shuffle forward | Right front | Left solar plexus jab |
| 3. | Right back | Left front | 2½ circle 8's, right rear end up strike, left head strike |
| 4. | 45° left, left slide | Attention | Right vertical block |
| 5. | Left back | Right front | Right head strike |
| 6. | Shuffle forward | Right front | Left solar plexus jab |
| 7. | Right back | Left front | 2½ circle 8's, right rear end up strike, left head strike |
| 8. | 90° right, left slide | Attention | Right vertical block |
| 9. | Left back | Right front | Right head strike |
| 10. | Shuffle forward | Right front | High strike, middle thrust |
| 11. | Right back | Left front | 2½ circle 8's, right rear end up strike, left head strike |
| 12. | 45° left, shuffle back | Left front | Left rear end up strike, right rear end down strike, head strike |
| 13. | Left back | Attention | Right vertical block |
| 14. | Left back | Right front | Right head strike |
| 15. | Shuffle forward | Right front | High strike, middle thrust, <i>kie</i> |
| | <i>Yame</i> , right back | Attention | Bo on right side, left hand grabs bo |



Wansu Kata

| # | STEP | STANCE | TECHNIQUE |
|-------------|--------------------------|------------------|--|
| | <i>Yoi</i> | Attention | Left palm on top of right fist |
| 1. | Right sidestep | Straddle | Left down block on left side, right elbow strike |
| 2. | | | Right punch across stomach, left elbow strike |
| 3. | Right back | Left front | Left down block |
| 4. | | | Right middle punch |
| 5. | Right forward | Right front | Right <i>wansu</i> |
| 6. | | | Left middle punch, right knife block to shoulder |
| 7. | Left behind | Right T | Right down block |
| 8. | 90° left | Left front | Left down block |
| 9. | | | Right middle punch |
| 10. | Right forward | Right front | Right <i>wansu</i> |
| 11. | | | Left middle punch, right knife block to shoulder |
| 12. | Left behind | Right T | Right down block |
| 13. | 180° left, left forward | Left front | Left down block |
| 14. | | | Right middle punch |
| 15. | Right forward | Right front | Right <i>wansu</i> |
| 16. | | | Left middle punch, right knife block to shoulder |
| 17. | Left behind | Right T | Right down block |
| 18. | 90° left, left forward | Left front | Left down block |
| 19. | | | Left palm to right forearm |
| 20. | | Left crane | Left knife hand high block, right knife hand low block on right side |
| 21. | Right forward | Long right front | Right open hand strike below groin, <i>kia</i> |
| 22. | 180° left, left forward | Left front | Right hand up, left hand down palm up, right hand down palm down |
| 23. | Left back, right forward | Right front | Right wide double knife hand |
| 24. | Right back, left forward | Left front | Left wide double knife hand |
| <i>Yame</i> | Left back | Attention | Left palm up in front of right palm, down to fists |