









ORANGE BELT REQUIREMENTS

-  **BLOCKS :**
SINGLE KNIFE HAND BLOCK, INNER FOREARM BLOCK
-  **STRIKES :**
INSIDE KNIFE HAND CHOP
-  **KICKING :**
SIDE KICK, SPIN ROUND KICK
-  **STANCES :**
BACK STANCE
-  **SELF DEFENSE :**
SINGLE SHOULDER GRAB FROM BEHIND
-  **SPARRING :**
FRONT LEG CUT KICK INTO ROUND KICK,
ROUND KICK QUARTER-TURN ROUND KICK,
FAST KICK QUARTER-TURN ROUND KICK
-  **POOMSAE :**
TAEGEUK 3
-  **BOARD BREAKING :**
AXE KICK OR ROUND KICK