

ORANGE BELT TEST

Horse Stance Strikes (x 20)

- FRONT
- THRUST
- PALM
- KNIFE
- HAMMER
- RISING ELBOW
- R. HOUSE ELBOW
- UPPER CUT

Stances With Steps (x 10)

- HALF MOON
- HALF MOON WITH FRONT PUNCH
- HALF MOON WITH 8 POINT BLOCKS
- BACK
- BACK WITH KNIFE HAND BLOCKS
- BACK WITH 8 POINT BLOCKS
- CAT

Grab Defenses (x 5)

- 1 HAND WRIST
- 2 HAND WRIST
- 2 HAND NECK (FRONT)
- 1 HAND HAIR (FRONT)
- 1 HAND HAIR (REAR)
- 2 HAND CHOKE (REAR)
- HEAD LOCK (REAR)
- HEAD LOCK (SIDE)

Random Attack Fighting Defenses

- STEP IN PUNCH (D. M. 7 & 3)
- 1 HAND WRIST
- 2 HAND WRIST
- 2 HAND NECK (FRONT)
- 1 HAND HAIR
- 1 HAND HAIR (REAR)
- 2 HAND CHOKE (REAR)
- HEAD LOCK (REAR)
- HEAD LOCK (SIDE)

Horse Stance Blocking

- 8 POINT (1 COMMAND X 10)
- 8 POINT WITH COUNTERS
- KNIFE HAND
- H. CROSS KNIFE HAND
- L. CROSS KNIFE HAND
- M. BLOCK & FRONT PUNCH

Kicks (x 20 each leg)

- BACK LEG FRONT / FROM HALF MOON STANCE
- FRONT LEG FRONT / FROM H. MOON S.
- BACK LEG SIDE / FROM H. MOON S.
- STEP IN SIDE / FROM SIDE S.
- CROSSOVER STEP R. HOUSE / FROM H. MOON S.
- BACK LEG R. HOUSE / FROM H. MOON S.

Defense Maneuvers

6 / LEFT AND RIGHT (X 10)

7 / LEFT AND RIGHT (X 10)

3 / LEFT AND RIGHT (X 10)

Form

- PINAN 1