

ORANGE BELT ESSENTIALS Name _____

F P UNIFORM <input type="radio"/> <input type="radio"/> Tie belt properly F P- P BLOCKS <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Extended outward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Push down block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward parry	F P- P STRIKES <input type="radio"/> <input type="radio"/> <input type="radio"/> Straight punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Hooking backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Back hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Palm strike	F P- P KICKS <input type="radio"/> <input type="radio"/> <input type="radio"/> Front kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Side kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Roundhouse kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Chicken kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear knee <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward crescent kick	F P- P STANCES <input type="radio"/> <input type="radio"/> <input type="radio"/> Horstance <input type="radio"/> <input type="radio"/> <input type="radio"/> Meditating horstance <input type="radio"/> <input type="radio"/> <input type="radio"/> Neutral bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Cat stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Front twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> In place twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Set Position
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*Must earn a score of **68** or above to qualify to train with the purple belts in the intermediate class.

RESULTS

☐

Pass.

☐

Re-test required.

/74

Instructor _____ Date _____

****Scoring :** There are 74 possible points. Each essentials is worth 2 points. An "F" = minus 2 points, A "P-" = minus 1 point.

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