

ORANGE BELT ESSENTIALS

Name _____

F P- P BLOCKS

- ☐ ☐ ☐ Guard Up
- ☐ ☐ ☐ Upward Block
- ☐ ☐ ☐ Inward Block
- ☐ ☐ ☐ Extended Outward Block
- ☐ ☐ ☐ Downward Block
- ☐ ☐ ☐ Chamber Block
- ☐ ☐ ☐ Push Down Block

F P- P STRIKES

- ☐ ☐ ☐ Palm Strike
- ☐ ☐ ☐ Backfist
- ☐ ☐ ☐ Jab
- ☐ ☐ ☐ Cross Punch
- ☐ ☐ ☐ Hook Punch
- ☐ ☐ ☐ Uppercut Punch
- ☐ ☐ ☐ Inward Handword
- ☐ ☐ ☐ Outward Handword

F P- P STANCES

- ☐ ☐ ☐ Attention Stance
- ☐ ☐ ☐ Set Position
- ☐ ☐ ☐ Meditating Horsestance
- ☐ ☐ ☐ Ready Position
- ☐ ☐ ☐ Horsestance
- ☐ ☐ ☐ Neutral Bow
- ☐ ☐ ☐ Forward Bow
- ☐ ☐ ☐ Cat Stance

F P- P KICKS

- ☐ ☐ ☐ Front Kick
- ☐ ☐ ☐ Side Kick
- ☐ ☐ ☐ Roundhouse Kick
- ☐ ☐ ☐ Back Kick
- ☐ ☐ ☐ Chicken Kick
- ☐ ☐ ☐ Rear Knee
- ☐ ☐ ☐ Stomp Kick

*Must earn a score of **55** or above to qualify to train with the Purple belts in the Intermediate class.

RESULTS

☐

Pass.

☐

Re-test required.

/60

Instructor _____ Date _____

****Scoring :** There are 60 possible points. "P" = 2 points, "P-" = 1 point, "F" = 0 points .

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