ORANGE BELT	ESSENTIALS	Name	
F P- P BLOCKS O O O Guard Up O O Upward Block O O Inward Block O O Extended Outward Block O O Downward Block O O Chamber Block O O Push Down Block	F P- P STRIKES O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance	F P- P KICKS O O O Front Kick O O O Side Kick O O O Roundhouse Kick O O O Back Kick O O O Chicken Kick O O O Rear Knee O O O Stomp Kick
*Must earn a score of <b>55</b> or above to qualify to train with the Purple belts in the Intermediate class.			
		est required.	/60
Instructor		Date	
**Scoring: There are 60 possible points. "P" = 2 points, "P-" = 1 point, "F" = 0 points.  ORANGE BELT ESSENTIALS Name			
F P- P BLOCKS O O O Guard Up O O O Upward Block O O O Extended Outward Block O O O Downward Block O O O Chamber Block O O O Push Down Block	F P- P STRIKES O O O Palm Strike O O O Backfist O O O Jab O O Cross Punch O O O Hook Punch O O Uppercut Punch O O O Inward Handsword O O O Outward Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance	F P- P KICKS O O O Front Kick O O O Side Kick O O O Roundhouse Kick O O O Back Kick O O Chicken Kick O O O Rear Knee O O O Stomp Kick
*Must earn a score of <b>55</b> or above to qualify to train with the Purple belts in the Intermediate class.			
		est required.	/60
Instructor		Date	