

## **ORANGE BELT**

*(Testing Orange to Green)*

### **Physical Requirements:**

- 1) KICKS
  - A) Push kick
  - B) Back kick
  - C) Spinning hook kick
  - D) All previous kicks
  
- 2) HAND TECHNIQUES
  - A) All previous hand techniques
  
- 3) STANCES
  - A) All previous stances
  
- 4) FORM
  - A) Taegeuk Yi Jang
  - B) All previous forms (Adults Only)
  
- 5) BOARD BREAKING
  - A) Push kick
  
- 6) SAM BO GYORUGY (3-STEP SPARRING) #1-4 (ADULTS ONLY)
  - A) Number 1
    - i) Step back with right foot, left hand knife hand block
    - ii) Step back with left foot, right hand knife hand block
    - iii) Move right foot out to a horse riding stance/left hand knife hand block/right hand middle punch at the same time
  
  - B) Number 2
    - i) Step back with right foot, left hand knife hand block
    - ii) Step back with left foot, right hand knife hand block
    - iii) Move right foot to horse riding stance/left hand knife hand block/right hand neck strike
    - iv) Move right foot next to left foot/grab opponent's wrist with left hand/knife hand neck strike
  
  - C) Number 3
    - i) Step back with right foot, left hand knife hand block
    - ii) Step back with left foot, right hand knife hand block
    - iii) Step back with left foot, right foot side kick to opponent's stomach
  
  - D) Number 4
    - i) Step back with right foot, left hand knife hand block
    - ii) Step back with left foot, right hand knife hand block
    - iii) Right arm middle inner block/right elbow strike to opponent's ribs

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### **Physical Requirements continued:**

#### 7) SELF-DEFENSE (ADULTS ONLY)

The theme for the orange belt self-defense is how to escape and counter from double hand wrist grabs

##### A) Two hands on one

- i) Grab your own hand and lift your elbow (of the arm that's being grabbed) towards the attacker's chin.
- ii) With your free hand, reach across and grab your own hand. Quickly make a small circle towards the middle of your body.

##### B) Two hands

- i) Following the Rule of Thumb, rotate both hands towards the inside and escape through the thumb.
- ii) Bring both arms up to your chest and use your elbow to strike the attacker's arms.

### **Mental Requirements:**

#### 1) WHAT IS THE MEANING OF THE ORANGE BELT?

- The orange belt signifies sunset – promise of more opportunities tomorrow. SIR/MA'AM!

#### 2) WHAT IS THE MEANING OF TAEGEUK YI JANG?

- The second Taegeuk form – signifies joy. SIR/MA'AM!

#### 3) COUNT 11-20 IN KOREAN

- |                       |                          |
|-----------------------|--------------------------|
| • Eleven – Yul hana   | • Sixteen – Yul yoset    |
| • Twelve – Yul dule   | • Seventeen – Yul il gob |
| • Thirteen – Yul set  | • Eighteen – Yul yo dul  |
| • Fourteen – Yul net  | • Nineteen – Yul ahop    |
| • Fifteen – Yul dasot | • Twenty - Sumul         |

#### 4) WHAT ARE THE COMMANDMENTS OF TAEKWONDO?

- Respect your parents
- Respect your brothers and sisters
- Loyalty to your friends
- Respect your elders
- Respect your teachers
- Finish what you begin

#### 5) WHAT ARE THE FOUR PHYSICAL COMPONENTS OF POWER?

- Speed
- Accuracy
- Follow-through
- Technique

#### 6) ALL PREVIOUS MENTAL REQUIREMENTS.

## Tae Geuk Yi Jang

