

Orange Belt Curriculum

Palgue 2

Upper Block:	Turn to the left (90) and step with your left foot into a front stance. Upper block with your left hand.
Front Kick, High Punch:	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
Upper Block:	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
Front Kick, High Punch:	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.
Knife Hand Lower Block:	Turn to the left (90) and step with your left foot into a back stance. Knife hand lower block with your left hand forward.
Knife Hand Middle Block:	Step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.
Upper Block:	Step forward with your left foot into a front stance. Upper block with your left hand.
High Punch:	Step forward with your right foot into a front stance. High punch with your right hand. Kihap.
Upper Block:	Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.
Front Kick, High Punch:	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
Upper Block:	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
Front Kick, High Punch:	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.
Double Down Block:	Turn to the left (90) and step with your left foot into a back stance. Double down block with your left hand forward.
Double Outside Block:	Step forward with your right foot into a front stance. Double outside block with your right hand forward.
Outside Block:	Step forward with your left foot into a back stance. Outside block with your left hand.
Reverse Punch:	Step forward with your right foot into a front stance. Reverse punch with your right hand. Kihap.
Upper Block:	Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.
Front Kick, High Punch:	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
Upper Block:	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
Front Kick, High Punch:	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.

Self Defense 4: Front Choke

Trap choke with both hands making a diamond. Step back with your right leg and clear the hands. Rear leg front kick(R) to groin. Bring the left hand to the side of the head as the right elbow smashes to the other side.

One Step Sparring #4

- * Start at ready position
 - * Leap to the right
- * Side kick with the left leg
- * Spin back kick with the right leg
- * Skipping side kick with the right leg
 - * Double Punch, Kihap

Multiple Kick Combination

- * Rear leg front kick (L)
- * Rear leg side kick (R)
- * Rear leg round kick(L)
 - * Spin back kick(R)
- * Double punch, Kihap