

## Orange Belt 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Degree Curriculum

### Kicks

Back Leg Side Kick

Side Hook Kick

Jump Snap Kick

Jump In/Out Crescent Kick

### Blocks

2-Fisted Middle Block

2-Fisted Low Block

Knife Hand Low X-Block

Knife Hand High X-Block

### Stances

Crossed Leg Stance

Side Horse Stance

Turning Stance to rear

### Hand Techniques

Reverse Ridge Hand

Spear Hand

Knife Hand Low Block reverse punch

Knife Hand Middle Block reverse punch

### Punches Combo's

Low Block with Reverse Punch

Middle Block with Reverse Punch

Out/In Block Reverse punch

High Block Reverse punch

### Kata's (2 of your style)

Give 2 Kata's over all 3 levels

Of Orange Belt 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Degrees

This should be Kata's # 2 & 3

### Sparring – (Contact Sparring)

Start 1 minute rounds with LIGHT contact

### Self Defense (2 Hands on 1 Grab)

Give students 4 – 2 Hands on 1 of your choice.

### Weapons – Escrima Sticks

Start on a Escrima Stick Kata

### Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

### Go over Student Creed

Dojo Etiquette – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Also start giving History and Terminology.