

ORANGE BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

25



WORD OF THE BELT: **POSITIVE SELF-CONTROL**

Winning Black Belts accept 100% responsibility for the outcomes in their own life. Winners take credit or the blame for their own performance.



COMBOS

1 OFFENSIVE FRONT PUNCH, REVERSE PUNCH, FRONT RIDGEHAND

2 OFFENSIVE FRONT PUNCH, BUMP FRONT KICK, STEP-BEHIND SIDE KICK, REVERSE PUNCH

3 OFFENSIVE FRONT PUNCH, BUMP ROUND KICK, STEP-BEHIND SIDE KICK, REVERSE PUNCH

4 OFFENSIVE FRONT BACKFIST, REVERSE PUNCH, BACK-LEG ROUND KICK, REVERSE SIDE KICK, REVERSE PUNCH



FORM

DAN-GUN LEGENDARY FOUNDER OF KOREA



SCAN ME
to see this
curriculum
on our
website!

MY ORANGE BELT **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

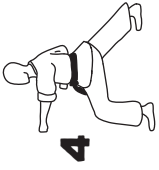
Yes!

Not yet, still working on my goal!

2 MONTHS




Punch
Front Stance



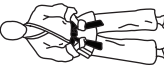
4

Sudo Block
Back Stance



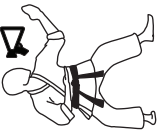
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Position
Back Stance




1

Sudo Block
Back Stance




1

Punch
Front Stance




2

Down Block
Front Stance




5

Punch
Front Stance




6

Punch
Front Stance




7

Punch
Front Stance



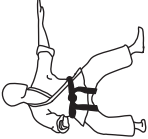
21

Chop
Back Stance




20

Chop
Back Stance




18

Punch
Front Stance




19

Upper Block
Front Stance




17

Upper Block
Front Stance




16

Upper Block
Front Stance




15

Down Block
Front Stance




13

Upper Block
Front Stance



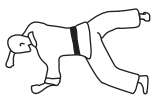
14

Punch
Front Stance




10

Square Block
Back Stance




9

Punch
Front Stance



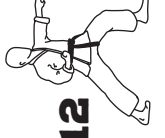
8

Square Block
Back Stance



11

Punch
Front Stance



12

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