

HIGH ORANGE BELT

FITNESS

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

30

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.



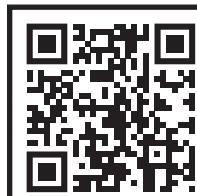
FOOTWORK PATTERNS

- BOUNCE
- X-FACTOR
- PROBING



KICKS

- HOOK KICK
- CRESCENT KICK
- REVERSE HOOK KICK



SCAN ME
to see this
curriculum
on our
website!



BLOCKS AND COUNTERS

(USING ORANGE BELT COMBINATIONS)

- 1 BACK-HAND PARRY, FRONT-HAND PARRY, RIDGEHAND COVER**
- 2 BACK-HAND PARRY, SHUFFLE BACK DOWN BLOCK, SHUFFLE BACK DOWN BLOCK, FRONT-HAND PARRY, REVERSE PUNCH**
- 3 BACK-HAND PARRY, SHUFFLE BACK ROUND KICK COVER, SHUFFLE BACK DOWN BLOCK, FRONT-HAND PARRY, REVERSE PUNCH**
- 4 BACK-HAND PARRY, FRONT-HAND PARRY, STEP BACK ROUND KICK COVER, STEP BACK DOWN BLOCK, FRONT-HAND PARRY, REVERSE PUNCH**

MY HIGH ORANGE BELT **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

- Yes! Not yet, still working on my goal!

2 MONTHS

