



Are you ready to grade for your Orange Belt ?

You've done it once already at Yellow Belt, Orange is very similar. This is the improved version.....Good stances, good guard positions, max effort throughout.

Your grading is going to involve **exercise**, we need you to show how hard you can work. Try your best!

We're going to look at some kicks, during the grading, how are yours coming along?

	On the front leg	Off the back leg	In both stances
Front Kick			
Turning Kick			
Axe Kick			

Can you do a jab?

- Chin down
- Other hand in a guard position
- Quickly bringing it back to a guard

How's your cross & your hook?

- Is your other hand in a guard position
- Are you turning your back foot onto the ball of the foot?
- Make sure you're not leaning forward

We want to see more combinations of these techniques so keep practicing. A new technique for orange belt is the **back fist**

Defenses - Parry and Catch the Jab. Forearm blocks to hooks

Self-defense - We are looking to see if you can release your wrist from a grip and also release yourself from a headlock.

Special Technique - Palm Strike to Chin

Good luck, you'll smash it!!!

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