



A black belt is a white belt who never quit.

ORANGE Belt Curriculum

Your ORANGE curriculum will take approximately 3 months or 24 classes.

ORANGE Belt Techniques

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**

3) Dragon Tail

Attacker - Double lapel grab.

Defender

- Lift your right hand and weave it down between attacker's arms.
- Clap your hand together and lift and twist to right pushing attacker's arms away.
- Step forward with right foot as you double palm push attacker.
- Guard.

4) Double Wrist Grab (Anvil)

Attacker - Two hand wrist grab from front.

Defender

- Step back with right foot, double outward blocks to break free of the hold.
- Double hammer fists to attacker's arms.
- Right front kick advancing.
- Left front kick advancing.
- Land forward double butterfly palms to ribs.
- Guard.

5) The Wedge

Attacker - Front choke or grab.

Defender

- Clasp your hands together with left hand on top.
- Step forward with your right foot and raise your hands straight up.
- Downward strike to nose.
- Straight strike to neck or stomach.
- Guard.

ORANGE Belt Katas

1) All WHITE Belt Katas

2) All YELLOW Belt Katas

3) AmeriKick 1

- Horse stance.
- Step back with right leg into a sparring stance as left downward block.
- Right reverse punch switching to a forward bow stance.
- Right front kick advancing.
- Right cross behind side kick advancing.
- Land into a sparring stance with a right outward block.
- Right foot steps to 3 o'clock as right back knuckle-left reverse punch to side on an angle.
- Left foot steps to 9 o'clock as left back knuckle-right reverse on an angle.
- Left punch towards 1 o'clock while dropping down on the left knee.
- Step back with the right foot into a sparring stance.
- Right leg roundhouse kick.
- Right back knuckle.
- Drop onto left knee as left reverse punch.
- Right reverse punch.
- Stand up into your horse stance with fist and cover.
- Bow.
- AmeriKick team salute.

ORANGE Belt Basics

1) All WHITE Belt Basics

2) All YELLOW Belt Basis

3) Shuffle Wheel Kick

4) Shuffle Wheel Kick – Back Knuckle-Reverse Punch Combo

5) Double Star Block

6) Roundhouse Kick

7) Roundhouse Kick Advancing

8) Shuffle Front Kick

Three Rules of Concentration

Focus in the eyes, focus in the mind, focus in the body.