

ORANGE BELT REQUIREMENTS

Rank Videos password: _____

Kids 1st Stripe:

Strikes	Shuto, Rising Elbow, Roundhouse Elbow, Cross Hammer, Backfist
Kicks	Front Instep, Side Blade, Back Kick, Inward Crescent, Roundhouse Knee
Blocks	8-Point Blocking System with Counterstrikes, #3 and #4 Palm Block
Footwork	Step-Glide

Kids 2nd Stripe:

Shaolin Combinations	# 6, 7, 3
Kempo Techniques	White Belt Kempo, Yellow Belt Kempo
Skills	The Clock Drill (both sides)

Kids 3rd Stripe:

Kata (Forms)	Pinan 1
Kata Skills	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture
Know	One characteristic of each of the 5 Shaolin Animals The meaning of each of the 5 Values