

ORANGE BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Memorize and Recite:

Positive Self-Control:

- Winning Black Belts accept 100% responsibility for the outcomes in their own lives. Winners take the credit or the blame for their own performances.

SECOND BLACK STRIPE:

Combination #1

1. Step Front Punch, Reverse Punch
2. Front Ridge Hand
3. Turn
4. Step Front Punch, Reverse Punch
5. Front Ridge Hand
6. Turn

Combination #2

1. Step Front Punch, Step Front Leg Front Kick
2. Step Behind Side Kick, Reverse Punch
3. Turn
4. Step Front Punch, Step Front Leg Front Kick
5. Step Behind Side Kick, Reverse Punch
6. Turn

Combination #3

1. Step Front Punch, Step Round House Kick
2. Step Behind Side Kick, Reverse Punch
3. Turn
4. Step Front Punch, Step Round House Kick
2. Step Behind Side Kick, Reverse Punch
6. Turn

Combination #4

1. Step Back Fist, Reverse Punch, Rear Leg Round House Kick
2. Back Side Kick, Reverse Punch
3. Turn
4. Step Back Fist, Reverse Punch, Rear Leg Round House Kick

THIRD BLACK STRIPE:

1. Step to the left, low block (left hand)
2. Step and middle punch (right hand).
3. Turn to the right, low block (right hand).
4. Step and middle punch (left hand).
5. Step to the middle, low block (left hand).
6. Step and middle punch (right hand).
7. Step and middle punch (left hand).
8. Step and middle punch (right hand), Ki Hap (yell).

FOURTH BLACK STRIPE:

9. Turn backwards to the left, low block (left hand).
10. Step and high punch (right hand).
11. Turn to the right, low block (right hand).
12. Step and high punch (left hand).
13. Step to the middle, low block (left hand)
14. Step and high block (right hand).
15. Step and high block (left hand).
16. Step and high block (right hand). Ki Hap (yell).
17. Turn backwards to the left, low block (left hand).
18. Step and middle punch (right hand).
19. Turn to the right, low block (right hand).
20. Step and high punch (left hand).

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