

## Orange Belt Curriculum

### Palgue 3

- Down Block:** Turn to the left (90) and step with your left foot into a front stance. Down block with your left hand.
- Reverse Punch:** Step forward with your right foot into a front stance. Reverse punch with your right hand.
- Down Block:** Turn to the right (180) and step back with your right foot into a front stance. Down block with your right hand.
- Reverse Punch:** Step forward with your left foot into a front stance. Reverse punch with your left hand.
- Down Block:** Turn to the left (90) and step with your left foot into a front stance. Down block with your left hand.
- Upper Block:** Step forward with your right foot into a front stance. Upper block with your right hand.
- Upper Block:** Step forward with your left foot into a front stance. Upper block with your left hand.
- High Punch:** Step forward with your right foot into a front stance. High punch with your right hand. Kihap.
- Knife Hand Middle Block:** Turn to the left (270) and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Knife Hand Middle Block:** Step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Knife Hand Middle Block:** Turn to the right (180) and step with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Knife Hand Middle Block:** Step forward with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Outside Block:** Turn to the left (90), touch your left foot to your right knee, and step with your left foot into a back stance. Outside block with your left hand.
- Outside Block:** Turn head to the right (180), touch your right foot to your left knee, and step with your right foot into a left back stance. Outside block with your right hand.
- Outside Block:** Step backwards with your right foot into a back stance. Outside block with your left hand.
- Outside Block:** Step backwards with your left foot into a back stance. Outside block with your right hand.
- Outside Block:** Step backwards with your right foot into a back stance. Outside block with your left hand. Kihap.
- Outside Block:** Turn to the right (180), touch your right foot to your left knee and step with your right foot into a back stance. Outside block with your right hand.

- Upper Block:** Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.
- High Punch:** Step forward with your right foot into a front stance. High punch with your right hand.
- Upper Block:** Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
- High Punch:** Step forward with your left foot into a front stance. High punch with your left hand.

#### **Self Defense 4: Rear Strangle**

Grab the hand at your throat with your right hand and simultaneously pull/twist it to release it from your neck while you elbow poke with your left elbow. Hammer fist with your left hand to their groin. Poke to their eye with your left index finger. Grab your opponent's head with your left hand and throw them forward by dropping to your left knee. Reverse punch with your right hand to their face.

#### **Multiple Kick Kicking Combination**

- \* Rear leg front kick (L)
- \* Rear leg side kick (R)
- \* Rear leg round house kick (L)
  - \* Spin back kick (R)
- \* Double punch, Kihap (R,L)

#### **One Step Sparring #4**

- \* Start at ready position
  - \* Leap to the right
- \* Side kick with the left leg
- \* Spin back kick with the right leg
- \* Pop-up side kick with the right leg
  - \* Double Punch, Kihap

