

Orange Belt Test

Hand techniques	Attitude	Tech	Speed	Power
Backfist				
Rearhand punch				
Front jab				
Front Palm Heel				
Front Ridgehand				
Rear Palm Heel				
Rear Ridgehand				

Foot techniques	Attitude	Tech	Speed	Power
Front leg front kick				
Back leg front kick				
Front leg side kick				
Back leg side kick				
Front leg round kick				
Back leg round kick				
Pad kick (Front leg thrust Kick)				

Combinations	Attitude	Tech	Speed	Power
Backfist / Rearhand punch / back leg round kick				
Backfist / Rearhand punch / back leg round kick / Down block				
Freestyle (one block, one kick, one punch, any order)				

Stances	Attitude	Tech	Speed	Power
Fighting stance				
Horse stance				
Front stance				
Back stance				

Blocks	Attitude	Tech	Speed	Power
Down block (Front stance)				
High block (Front stance)				
Double middle (Front stance)				
Under Middle (Back stance)				
Knife hand (Back stance)				

One-Step Kumite	Attitude	Tech	Speed	Power
Back leg round kick / Down block / punch				
Back leg round kick / under middle block / punch				
Hammerfist / High block / back leg round kick low / high				

Five step Combinations	Attitude	Tech	Speed	Power
Backfist / Backfist block, grab, punch, step, elbow				
Backfist / block / punch / grab / step under elbow / takedown				

Self-Defense	Attitude	Tech	Speed	Power
Rear choke				
Side headlock				
Same-side wrist grab				
Cross Wrist grab				
Front choke				
Double shirt grab				
Double wrist grab				

Six Count	Attitude	Tech	Speed	Power
Block / Punch / Kick / Block / Kick / Block				

Kata	Attitude	Tech	Speed	Power
Taikyoku Shodan				
Taikyoku Nidan				
Taikyoku Sandan				

Totals	Attitude	Tech	Speed	Power
Score				