

ADULT
ORANGE BELT REQUIREMENTS



FORMS	Kata #2 Two man fist (Northern side)
STRIKES	Downward Shuto, Downward elbow, Backhand to the nose, Side elbow, Rear Flamingo push kick, Cross over back kick
SPARRING	Rear Flamingo push kick Back shuffle with parry block
KEMPOS	3 Kempos
GRAB / WEAPONS DEFENSE	Rear bear hug Slashing knife
KNOWLEDGE	Kung Fu Knowledge 11-15
BLOCKS	#5 and #6 Knife hand blocks, #7 and #8 Parry blocks
DM'S	Defense Maneuver #2 Defense Maneuver #12 Defense Maneuver #18