

Orange Belt Requirements

Run

- ½ mile

Pushups/Situps

- 15

Stances

- Horse
- Fighting
- Forward
- Back
- X

Strikes

- palm heel
- inside hammerfist
- outside hammerfist
- front elbow
- rear elbow
- back fist
- inside chop
- outside chop
- horizontal punch
- vertical punch
- sliding punch
- inside ridge hand
- outside ridge hand
- web hand
- inside eye rake
- outside eye rake
- chicken bite
- spearhand
- monkey paw
- **double knuckle punch**
- **twin fist**
- **reverse punch**
- **upset finger strike**

Blocks

- upward
- inward
- outward
- downward
- shunt
- inside chop

- outside chop
- downward deflecting
- chicken head
- snapping palm
- inside crane
- ridge hand
- side step outside chopping
- **x-pressing (x-stance)**
- **x-pressing (forward stance)**

Kicks

- front snap
- front leg spin
- front thrust
- low/high spin
- rear leg spin
- back
- turn
- side
- low/high side
- step side
- sliding side
- defensive side
- flying side
- **jump front**
- **jump spin**
- **inside crescent**
- **outside crescent**
- **ax**
- **turning ax**

Defenses

- Breathing Easy
- Blind Freedom
- Slap Stick
- Skyward Hammer
- Falling Star
- Wounded Knee
- Broken Wing
- Cut Throat
- Head Start
- Spinning Ram
- Center Cut
- Hand Jive
- **Heart Beat**

- **High Jinx**
- **Crescent Ridge**
- **X-Ceeding**

Forms

- H-Form I
- H-Form III
- **H-Form II**
- **H-Form IV**