

# Orange Belt

## Stances

## Dachi

Cat  
White Crane

Neko Ashi  
Sagi Ashi

## Blocks

## Uke

Eight forearm blocks with counter attacks

## Kicks

## Geri

Roundhouse Kick  
Back Kick

Mawashi Geri  
Ushiro Geri

## Hand Techniques

## Te Waza

Back Fist  
Bears Paw

Uraken  
Kumade

Focus work with partner  
Three step sparring

## Self Defence

Show defences to:

Lapel grabs  
Double lapel grabs  
Lapel grab and punch

## Kata