



Orange Belt

7th Kyu -Shichikyu



Find your strengths and you will find your weaknesses. Find your weaknesses and you will find your strengths. Find your strengths and your weaknesses and you will find yourself.

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|-----------------------------|------------------------|
| 1. Sumo | 12. Windmill Guard |
| 2. Headlock (2) | 13. Aiming the Spear |
| 3. Crash of The Eagle (4/4) | 14. The Anvil (4) |
| 4. Dancer | 15. Knee Lift |
| 5. Lever (2) | 16. Spiraling Wrist |
| 6. Bridge (2) | 17. Chinese Wasp |
| 7. Eagle Beak | 18. The Web (2) |
| 8. Circling Elbow | 19. Flowing Hands |
| 9. Full Nelson (2) | 20. Driving Elbows |
| 10. Scimitar (2) | 21. Crossing Talon (3) |
| 11. Rocking Elbow | 22. Cutting The Pagoda |

(Optional Techniques)

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|--------------------------------|-------------------------|
| 1. Retreating from the Horizon | 5. Locking Arm |
| 2. Heel hook | 6. Attacking the Circle |
| 3. Breaking the Cross | 7. Encircling Arm (3) |
| 4. Reverse Hammer Lock | 8. Raising the Staff |

KATA

1. Block Set

KICKS

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|---------------|---------------|--------------------|--------------------|
| 1. Knife Kick | 2. Wheel Kick | 3. Snap-Knife Kick | 4. Snap-Wheel Kick |
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Belt Pledge:

I understand that I am but a beginner in a new and fascinating art which will direct me to greater obligations and responsibilities. To honor my obligations and responsibilities I pledge my self to serve my instructor, fellow students, and fellow men.