

ORANGE BELT SYLLABUS



Basic Movements:

	Section Page
1. Twisting Stance.....	3.1
2. High Outward Block (Open Hand).....	3.1
3. Middle Inward Block (Open Hand).....	3.1
4. Leading Hand Straight Punch.....	3.2
5. Rear Hand Straight Punch.....	3.2
6. Leading Hand Back Elbow Strikes.....	3.3
7. Rear Hand Back Elbow Strikes.....	3.4
8. Side Elbow Strikes.....	3.5
9. Rear Leg Side Kick.....	3.6
10. Leading Leg Front Thrust Kick.....	3.7
11. Rear Leg Front Thrust Kick.....	3.7
12. Orange Belt Pattern and Combination.....	3.8

In Class Applications:

A. Attack Drill.....	3.9
B. Defence Drill Number 2.....	3.9
C. Close Range Attack Number 8 & 9.....	3.10
Close Range Attacks Number 10 & 11.....	3.11
D. Focus Mitt Sparring Drill Number 3.....	3.12
E. Shield Sparring Drill Number 3.....	3.13
F. Grading Requirements.....	3.14

ORANGE BELT

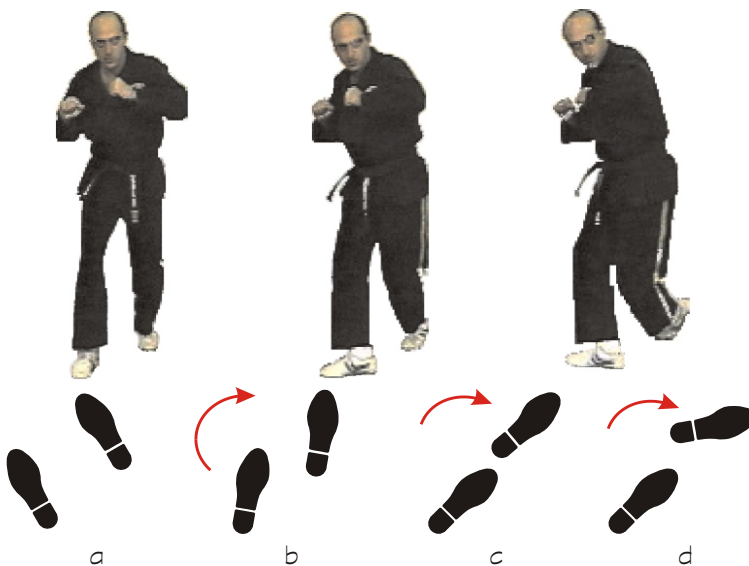
Basic Movements:

1. Twisting Stance

i This is a transitional movement which is used to generate momentum when performing certain rear leg kicks.

Starting from right front stance...

- ✦ Pivot on the balls of your feet and rotate your body round towards the attacker while still looking forwards in the direction of attack.
- ✦ Ensure that your feet do not get trapped.



2. High Outward Block (Open Hand)

The mechanics of this block are exactly the same as the closed hand form taught at White belt level (refer to white belt section 1) except that it can be generated faster, as your arm is more relaxed. Your hands should be cupped slightly with your fingers together to prevent injury during contact.

3. Middle Inward Block (Open Hand)

This block is used more as a deflection technique, although the mechanics are exactly the same as the closed hand form taught at White belt level (refer to white belt section 1). More speed can be generated as your arm is more relaxed. Cup your hands slightly with your fingers together to prevent injury when performing this technique as contact is made more with the palm of your hand.

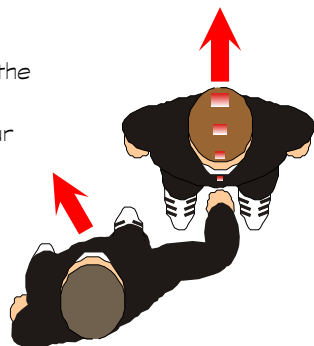
ORANGE BELT

4. Leading Hand Straight Punch

i This technique is similar in mechanics to the Inward Punch taught at White Belt level, however, contact is made when angling off the attacker instead of facing directly in front.

Starting from front stance (off centre to the attacker)...

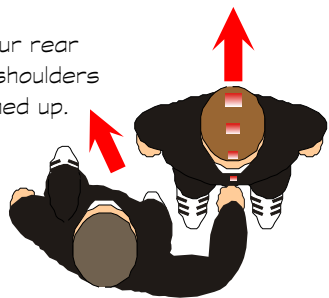
- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards while retaining your leading arm so that your chest has opened (Pre-stretch).
- ✦ Release your leading arm so that it accelerates towards the target ensuring that your elbow is raised so that at the point of contact, it is level with your shoulder.
- ✦ Contact is made using the first and second knuckles of your fist to the chin / nose. The difference here against the inward punch is that you should now be positioned off centre to the attacker instead of in front.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated.



5. Rear Hand Straight Punch

Starting from front stance (off centre to the attacker)...

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square on to the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm and allow your fist to accelerate towards the target.
- ✦ Ensure that your elbow is raised so that at the point of contact it is level with your shoulder.
- ✦ Contact is made using the first and second knuckles of your fist to the attackers chin or nose. The difference here against the inward punch is that you should now be positioned off centre to the attacker rather than in front.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated.
- ✦ Finally, relax your arm back into the original defensive guard position.



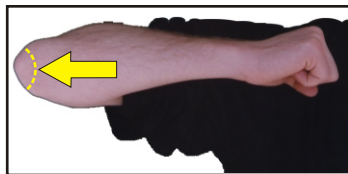
ORANGE BELT

6. Leading Hand Back Elbow Strikes (High, Middle & Low)

i These strikes are intended to be used when the attack is from behind your leading leg or to the side. The mechanics for each of the strikes are the same except for the final position of the arm during contact.

Starting from front stance...

- ✦ Keeping your hands up in the defensive guard, push off with your rear foot so that your heel is lifted off the ground.
- ✦ Simultaneously, rotate your hips round whilst retaining your leading arm (Pre-stretch).
- ✦ Release your arm so that it rolls over your shoulder as the elbow accelerates towards the attacker
- ✦ Contact should be made when your elbow is level with your shoulder.
- ✦ For High Elbow strikes, raise your arm above your shoulder.
- ✦ For Middle Elbow strikes, maintain your arm at shoulder level.
- ✦ For Low Elbow strikes, lower your arm to chest level.
- ✦ Contact is made using the area around the elbow joint.
- ✦ Continue to follow through the target until all the energy of the strike has been dissipated.
- ✦ Finally, recoil and relax your arm back into the original defensive guard position.



1



2



3



High Elbow



Middle Elbow



Low Elbow

ORANGE BELT

7. Rear Hand Back Elbow Strikes (High, Middle & Low)

i These strikes are intended to be used when the attack is directed from behind your rear leg. The mechanics for each of the strikes are the same except for the final position of the arm during contact.

Starting from either a relaxed or front stance...

- ✦ Step forwards into a front stance whilst raising your hands up into a semi defensive guard where your leading hand moves upwards to protect your face.
- ✦ Push off with your front foot so that your heel is lifted off the ground as you turn and look in the direction of attack.
- ✦ Simultaneously, rotate your hips round towards your rear leg whilst retaining your leading arm (Pre-stretch).
- ✦ Release your rear arm so that the elbow accelerates towards the attacker and your arm rolls over your shoulder.
- ✦ For High Elbow strikes, raise your elbow above your rear shoulder.
- ✦ For Middle Elbow strikes, maintain your elbow at shoulder level.
- ✦ For Low Elbow strikes, lower your elbow to chest level.
- ✦ Contact is made using the area around the elbow joint.
- ✦ Continue to follow through the target until all the energy of the strike has been dissipated.
- ✦ Finally, recoil and relax your arm back into the original defensive guard position.



1

2

3

4



High Elbow



Middle Elbow



Low Elbow

ORANGE BELT

8. Side Elbow Strike

i This strike is intended to be used when the attacker is to your side.

Starting from a relaxed stance...

- ✦ Moving your hands up into the defensive guard position, shift your weight forwards and rotate your hip inwards whilst retaining your arm nearest to the attacker.
- ✦ Push your hips forwards and round whilst you push off with the foot furthest away from the attacker so that your heel is lifted off the ground (Pre-stretch).
- ✦ Release your arm and allow it to accelerate towards the target.
- ✦ Contact is made using the area around the elbow joint. Different target points can be achieved by adjusting the height of your elbow prior to contact.
- ✦ Continue to follow through the target until all the energy of the strike has been dissipated.
- ✦ Finally, relax your arm back into the defensive guard position as you face up the attacker in a front stance.



1



2



3



High Side Elbow



Middle Side Elbow



Low Side Elbow

ORANGE BELT

9. Rear Leg Side Kick

Starting from front stance...

- ✦ Move into a twisting stance by pivoting on the balls of your feet and rotate your body round towards your leading leg.
 - ✦ Allow your rear foot to move forwards, then round and up into the chamber position ensuring that your knee is pulled in towards your rear shoulder as close and tight as possible.
 - ✦ At this point, pivot on your supporting foot so that your toes point in the opposite direction to the attacker then push off so that the heel is lifted off the ground (this will provide the balance and stability during the kick).
 - ✦ For further acceleration, as your knee starts to move towards your rear shoulder, your hip rolls in the direction of the kick.
 - ✦ Extend your leg as it accelerates towards the target.
 - ✦ Ensure that your knee is higher than your heel otherwise the energy of the kick will be directed upwards instead of forwards.
 - ✦ You can use your arms to counterbalance the effect of the kick.
 - ✦ Contact is made using the heel of your foot to target areas such as the shin, knee and thigh.
- i** It is preferable that contact is made to waist level or below but this is down to each individuals flexibility.
- ✦ Continue to kick through the target then recoil your leg back into the chamber position then step down into a stable front stance.



1



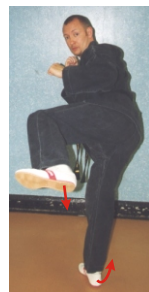
2



3



4 (Chamber)



5



6 (Contact)



7



8

ORANGE BELT

10. Leading Leg Front Thrust Kick

i This technique is predominantly used as a stopping kick. It is similar in mechanics to the leading leg front kick except that contact is made using the heel.

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard position, rotate your hip backwards allowing your front foot to lag behind momentarily (Pre-stretch).
- ✦ Tuck the heel in towards the back of your thigh (Chamber).
- ✦ Allow your leg to spring out of the chamber whilst pushing your hips forward and simultaneously pushing off your supporting leg so that the heel is lifted off the ground.
- ✦ As your foot accelerates forwards towards the target keep your knee slightly higher than waist height to direct the energy forwards.
- ✦ At the point of contact (prime targets being above waist level) your knee should continue to move upwards so that the heel is exposed and that the energy of the kick is dissipated.
- ✦ Finally, recoil your leg back down into a stable front stance.

11. Rear Leg Front Thrust Kick

i This technique is used predominantly as a stopping technique

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard position, push off your rear foot and rotate your hip forwards until the heel lifts off the ground (Pre-stretch), then tuck it in towards the back of your thigh (Chamber).
- ✦ As your foot accelerates forwards towards the target, keep your knee slightly higher than your waist height to direct the energy forwards.
- ✦ At the point of contact (prime targets being above waist level) your knee should continue to move upwards so that the heel is exposed and that the energy of the kick is dissipated.
- ✦ Finally, recoil your leg and step forwards into a stable front stance assuming the correct defensive guard posture.



ORANGE BELT

Pattern:

12. Orange Belt Pattern

Start from ready stance....

- ✦ Step back with your Left foot to take you into Right front stance.
- ✦ Closed hand High Outward Block with your Right Hand (with an assertive yell).
- ✦ Rear Inward Punch (Left Hand).
- ✦ Reach forwards with both hands to simulate grabbing onto the attackers shoulders whilst performing a Rear Leg Knee Strike (Left Leg). Then step forwards into Left front stance.
- ✦ Rear Elbow Strike (Right Hand) whilst keeping your weight forwards.
- ✦ Weave (Front to Rear).
- ✦ Rear Elbow Strike (Right Hand) whilst keeping your weight forwards.
- ✦ Turn 90 degrees to the Right, replacing the right heel to remain in Right Front stance.
- ✦ High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike, Weave, Rear Elbow Strike.
- ✦ Turn 90 degrees to the right.
- ✦ High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike Weave, Rear Elbow Strike.
- ✦ Turn 90 degrees to the right (Final Side).



High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike, Weave, Rear Elbow Strike then Leading Inward Punch with an assertive yell to symbolize that you have now completed the first side.

Bring your feet together back into ready stance.

- ✦ Step back with your Right foot to take you into Left front stance.
- ✦ Closed hand High Outward Block with your Left Hand (with an assertive yell).
- ✦ Rear Inward Punch (Right Hand).
- ✦ Reach forwards with both hands to simulate grabbing onto the attackers shoulders whilst performing a Rear Leg Knee Strike (Right Leg). Then step forwards into Right front stance.
- ✦ Rear Elbow Strike (Left Hand) whilst keeping your weight forwards.
- ✦ Weave (Front to Rear).
- ✦ Rear Elbow Strike (Left Hand) whilst keeping your weight forwards.
- ✦ Turn 90 degrees to the Left, replacing the left heel to remain in Left Front stance.
- ✦ High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike, Weave, Rear Elbow Strike.
- ✦ Turn 90 degrees to the left.
- ✦ High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike, Weave, Rear Elbow Strike.
- ✦ Turn 90 degrees to the left (Final Side).



High Outward Block, Rear Inward Punch, Rear Leg Knee Strike, Rear Elbow Strike, Weave, Rear Elbow Strike then Leading Inward Punch with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.



ORANGE BELT

A. Attack Drill:



Hand Safety Must be Worn During This Drill

This exercise is similar to the White Belt syllabus except that the student can now demonstrate techniques up to the Orange Belt level.

Student focus should now be on moving forwards and backwards confidently whilst engaging in smooth and rhythmic multiple attacks.

B. Defence Drills:



Hand Safety Must be Worn During These Drills

Defence Drill Number 2

*** THIS IS A CONTACT EXERCISE ***

Begin in right front stance opposite your partner. The 'Attacker' moves forwards whilst performing all their punches and kicks. The 'Defender' responds by moving backwards and around the attacker using their blocking and dodging techniques. The main focus is to concentrate on blocking whilst maintaining the correct width of stance.



ORANGE BELT

C. Close Range Drills: (Pictures illustrate starting point of attack only)

8. Close Range Attack Number 8 (Lapel Grab followed by Punch to Face)

If an attacker grabs your clothes with one hand whilst throwing a punch you should....

1. Step back into front stance for stability and block the punch using a high outward block. Shift forwards and over if blocking with your leading hand OR Shift back and over if blocking with your rear hand.
2. Perform a series of pre-release techniques (strikes to the face or kicks to the knee).
3. Grab onto the attackers shoulder or head with both hands and use knee strikes into the chest or groin.
4. Once the attacker loosens their grip, push them away.
5. Follow up with as many finishing off techniques to effect your escape.



Alternate to practice in Left front stance.

9. Close Range Attack Number 9 (Two Hand Clinch Release)

If an attacker tries to move in and grab you by the shoulders or upper arms you should...

1. Step back into a right front stance to stabilise yourself. Grab the attackers shoulders or upper arms to enhance your stability.
2. Perform a series of pre-release techniques such as front kicks, knee strikes, elbow strikes, side fist strikes or head butts.
3. Use as many finishing off techniques to ensure your safe escape.



Practice different counters in both stances.

ORANGE BELT

10. Close Range Attack Number 10 (Rear Bear Hug - Over Arm Attack)

If an attacker grabs you from behind using a bear hug that traps your hands you should...

1. Try to stabilise your stance by bending your knees to lower your centre of gravity.
2. Stamp down onto the attackers foot or run your shoes down their shins or strike the groin with the side of your fist if possible.
3. Push backwards to head butt the attacker in the face.
4. Lean and throw your arms forwards whilst pushing your hips backwards. This should wind them and also release their grip around you.
5. Turn and perform a side kick to the attackers knee.
6. Follow up with as many finishing off techniques to effect your escape.



11. Close Range Attack Number 11 (Rear Bear Hug - Under Arm Attack)

If an attacker grabs you from behind using a bear hug that leaves your hands free you should...

1. Try to stabilise your stance by bending your knees to lower your centre of gravity.
2. Grab onto the attackers arms for balance whilst stamping down onto their feet or running your shoes down their shins.
3. Alternatively, if possible, grab the attackers groin and twist, strike the groin using the side of your fist or perform a back elbow strike to the attackers face.
4. As the attackers grip loosens, turn and perform a side kick to the attackers knee.
5. Follow up with as many finishing off techniques to effect your escape.



ORANGE BELT

D. Focus Mitt Sparring:

Orange Belt drills can be practised either with the mitt holder stationary, moving back in a straight line or moving around.

Back Elbow - Low, Middle, High

For right back elbow strikes, the left mitt should be held to the left side of the holder who is standing to the side to the attacker facing their right side. The mitt face should be presented to the correct height according to the rear elbow strike being performed - low (stomach), middle (chest), high (face).

Alternate for the left elbow.

Side Elbow - Low, Middle, High


For right side elbow strikes, the left mitt should be held to the left side of the holder who is standing in front of the attacker. The mitt face should be presented to the correct height according to the side elbow strike being performed - low (stomach), middle (chest), high (face).

Alternate for the left elbow.

Straight Punch - Leading and Rear

For right hand punches, the right mitt face should be presented vertical, level with the punchers face, the middle of the mitt in line with the punchers right shoulder.

Alternate for the left hand.

 Beginners should first practice this drill stationary, using single punches only until they have grown accustomed to this technique.

Side Kick - Rear

For right leg kicks, the left mitt should be held to the left side of the holder. The mitt face should be presented vertical and held at the attackers belt level. The height can be adjusted for less flexible students. The attacker should align their left hip with the middle of the mitt prior to commencing the kick.



ORANGE BELT

Front Thrust Kick - Leading and Rear

For right leg kicks, the right mitt should be held to the right side of the holder. The mitt face should be presented turned slightly down towards the ground and held at the attackers chest level. Alternate for the left leg.



Focus Mitt Sparring Drill Number 3

The holder presents different targets, single/double punches, kicks, strikes, weaves and blocks. In between presentations, the holder should return to neutral position (one mitt on hip, one on chest), to briefly halt the attack. Presenting the mitts in this manner develops reflexes and target recognition. This drill is performed with the attacker moving forwards and the mitt holder moving backwards and around in a random manner.

E. Shield Sparring Drills:

SHIELD DRILL NUMBER 3

Starting in front stance, the shield holder moves back and around while the attacker performs all their relevant techniques. The main focus at this level is to concentrate on getting the students to angle off.

ORANGE BELT GRADING REQUIREMENTS



- ▶ Orange Belt Pattern
- ▶ Orange Belt Combination
- ▶ Attack Drill
- ▶ Defence Drill Numbers 1 & 2
- ▶ Focus Mitt Sparring Drill Number 3
- ▶ Shield Sparring Drill Number 3
- ▶ Power Test (Knee & Elbow Strikes)