



KICK PUNCH FU Orange Belt Requirements



1. Technique :

- a. Kicks: Student must be able to perform front ball kick, front snap kick, back kick and roundhouse kick.
- b. Strikes: Student must be able to perform four strikes: front-two-knuckle jab & cross, thrust punch, palm strike and hammer fist.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll and back break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system with push counters.
- e. Stances: Student must be able to demonstrate the proper 'ready stance,' 'guard stance' and 'horse stance.'
- f. Pushups: Student must be able to perform 10 pushups.
- g. Self Defense Basics: Student must be able to demonstrate step-block-strike technique. Student must be able to demonstrate evade and retreat technique with push counter.
- h. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab, and headlock.
- i. Self Defense against an attack: Student must perform a minimum of three self-defense techniques.
- j. Holds & Submissions: Student must be able to demonstrate a snake-wrap and bear hug.
- k. Takedowns: Student must be able to perform three takedown maneuvers, such as, Trip takedown, headlock takedown and 2-handed reaping throw.

2. **Fitness Level** : Should be examined for 12 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
3. **Knowledge and information** : 12 questions about KICK PUNCH FU and different type martial arts(oral/written)
4. **Sequence Dynamic Demonstration** : 3 technique basic land gymnastic , Musical Forms , Self-defense forms
5. **Fighting ability** : 3 rounds each for 3 minute