



Orange Belt Requirements

Stances

Cat
Bow
Twist

Blocks

Iron Palm
Open Cranes Wing
Iron Fortress
Iron Dragon

Kicks

Side Blade
Round
Stomp
Knee

Strikes

Rolling Shuto
Cross Hand Shuto
Tiger Mouth
Cranes Head
Rising Elbow
Elbow Spike

Specials

8 Point w/Counter Strikes
1 Pinan

Kempos

1-3

Combinations

Adv.6, 3, 7
