

ORANGE STRIPE

BREAKFALLS

Belt Grab
Lapel Grab
Side Twisting
Springing Fore flap

STANCE TECHNIQUES

Broken Front Stance
Cat Stance
Sumo Stance
Back Stance

BLOCKING TECHNIQUES

High Cross Block
Low Cross Block
Palm Heel Block
Elbow Block
“S” Block

STRIKING TECHNIQUES

Hook Punch
Knife Hand
Single Knuckle Inverted Fist
Upper Cut
Hammer Fist
Palm Heel
Knee

KICKING TECHNIQUES

Double Front Kick
Round House Kick
Front Thrust Kick
Side Thrust Kick

WRIST ARTICULATION

Outside Wrist Throw With Brachial
Wrist Pin (Lapel Grab/Cross Wrist)
Circular Wrist Lock Takedown
Half/Full Wrist Lock
Chicken Wing Come-Along
Goose Neck Come-Along

THROWING TECHNIQUES

Full Shoulder Throw
Lift-Pull Hip Throw
Sweeping Hip Throw
Inner Reaping Throw
Dropping Shoulder Throw
Kneeling Leg Takedown