



Orange

**Orange Belt – Green Belt**

**Self-Defense**

- **Bear Hug Under Arms** (from behind) - stick thumb into hands and push down into horse stance → two elbow strikes → grab hand and step out spin into a wrist hand lock → kick and kiai → fighting guard
- **Side Head Lock** – strike to groin → reach up the spine and find the chin → pull head back ½ turn → finish with shuto chop down → fighting guard
- **Full Nelson** – cup hands and bring to forehead and look to ceiling → bring arms down into horse stance → trap both hands with one of your hands → two elbow strikes (with same elbow) → step away back kick → fighting guard

**Kata** — Naihanchi Kata (*student must have mastered all prior katas before testing*)

**14 Hand Weapons**

1. Tiger Claws (to face) – kumade
2. Straight Fingers (to eyes) – nihon nukite
3. Karate Palms (to ears) – hirate
4. Shuto (to neck) – knife hand
5. Ridge Hand (to neck) – haito
6. Palm Heel (to nose) – teisho
7. Fore Fist Punch (to heart) – seiken
8. 4 Knuckle Punch (to throat) – hiraken
9. 2 Knuckle Punch (to kidney or spleen) – nihon ken
10. 1 Knuckle Punch (to eyes, temple or solar plexus) – ippon ken
11. Spear Hands (to floating ribs) – morote nukite
12. Back Fist (to nose or temple) – uraken (reiken)
13. Naihanchi Smack (to face) – haishu uchi
14. Hammer Fist (to temple, jaw or base of skull) – tetsui (ketsui)

**5 Sparring Drills**

1. **Timing and Distance Drill** – lunging forward with a backfist → partner blocks (repeat three times) → on third punch partner blocking will block and shift weight for a reverse punch to ribs
2. **Continuous Backfist Drill** – left to left (or right to right) lead hand backfist shifting weight forward (rocking) → partner will perry with backhand shifting weight backwards
3. **Foot Work and Initial Move Drill** – sparring drill 1, 2 & 3 combined (partner A performs sparring drill #1 → partner B performs sparring drill #2 → back to partner A who will perform sparring drill #3 → partners switch places and start all over again

4. **Stance & Kicking Drill** – sparring drill 4, 5 & 6 combined (partner A performs sparring drill #4 → partner B performs sparring drill #5 → back to partner A who will perform sparring drill #6 → partners switch places and start all over again
5. **Free-Style Block/Attach Drill** – two students back to back in cat stance will use blocking → two students facing will throw punches (only) while the students in cat stance block the punches. After a minute or so switch blockers to become the punchers

**Pad Drills** – use hand weapons to create pad drills