

Orange Belt

Katas	•Pinan Shodan (1)	Throws & Ground Grappling	•Hip Throw (O-goshi)
Self Defense	•Shoulder Grab	Blocks & Parries	•Inside Block
Kicks & Strikes	•Step Behind Side Kick •Inside Crescent Kick •Outside Crescent Kick •Inverted Ridgehand	Wrist Exercises & Escapes	•Web Up •Wedge Out
Stances & Footwork	•Cat Stance •Crossover Step •Step Behind •Back Stance •Oblique Stance •Transitional Stance	Cane Techniques, Strikes & Blocks	•Cut Block •Wing Block (low) #5 counter
Falls & Rolls	•Side to Side Falling •Front Fall •Soft style Front Fall	Drills	•6 position drill (ground)
Questions	•Explain how to deal with students who have a high tolerance of pain •What does "kumite" mean? •What does "hajime" mean?		