

Orange Belt Requirements

Techniques

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4. Striking Key
5. Descending Arrow A
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Supplemental Techniques

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15. Charging Bull A, B, C
16. Doors of the Shrine
17. Lobster's Claws A
18. Capturing Paws B
19. Raising the Mallet

Kata

- Stance Set
- Short Kata 1

Basics

- Snap kick, rear kick combination
- Snap kick, knife-edge kick combination
- Snap kick, wheel kick combination
- Three-way kick
- Chicken kick
- Snap kick, step forward, punch combination
- Simultaneous kick and punch (opposite sides), plant back, punch combination
- Inward block, outward block, locking chop combination
- Back fall
- Side fall
- Snap kick, step forward
- Step forward punch
- Step forward double punch and return to guard

Orange Belt Read-React Skills

Attack-Defense Correspondence

Technique

Evading the Samurai

Capturing Paws

Entering the Shrine

Alternate Attack

Left straight punch

Left roundhouse punch

Right hand cross-body lapel grab

Left forearm choke from behind, upright

Two-handed lapel grab

Multiple-Choice Response

Group One

Sharpening the Blade A or B

Hidden Sword A

Entering the Shrine

Grasping Honor B

Group Two

Capturing Paws

Escape of the Lamb A

Twisted Wing A

Technique Chaining

- Group Two followed by Group One (one attacker)
- Group One followed by Group Two (two attackers)

Orange Belt Techniques

1. Flapping Wing, A variation – Two-handed lapel grab

Tori

- Pin the attacker's hands to your chest with your left hand as you step back with the left foot into a rear horse. Bring your right arm up as if to do an upward block and strike the elbows from below.
- Drop your right arm to your side, then raise it as if to do an inward block and drive your forearm down into the attacker's arms, knocking them loose.
- Right speed chop to the neck.
- Cover out.

Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Keep your elbows slightly bent to avoid hyper-extending them.
- Release your grip and let your arms fall. Your head should move forward and then whip back up.
- Crumple.

Flapping Wing, B variation – Two-handed lapel grab

Tori

- Pin the attacker's hands to your chest with your left hand as you step back with your left foot into a rear horse. Bring your right arm up as if to do an upward block, and strike the elbows from below.
- Drop your right arm to your side, then raise it as if to do an inward block and drive your forearm down into the attacker's arms, knocking them loose.
- Right speed chop to the neck.
- Shuffle forward with the right leg and right elbow smash to the attacker's head as you steady it with your left hand.
- Pivot left into a kneel stance and strike the attacker's groin with a right hammer fist, followed by a right rear kick to the midsection.
- Cover out.

Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Keep your elbows slightly bent to avoid hyper-extending them.
- Release your grip and let your arms fall. Your head should move forward and then whip back up.
- Keep your teeth closed or wear a mouth guard in case of contact.
- Bend your knees with the groin strike. Keep your hands out of the way of the kick.
- Crumple.

2. Releasing the Vise, A variation – Head lock from the right

Tori

- Step forward with the left foot into a rear horse.
- Drive two hammer fists simultaneously into the attacker's groin and kidney.
- Cover out.

Uke

- Use your left arm to apply a headlock, pulling the tori forward.
- Release your grip.
- Crumple.

Releasing the Vise, B variation – Head lock from the right, feet blocked

Tori

- Grab the attacker's elbow with your left hand and pull down as you drop to your right knee. Simultaneously drive a right ridge hand up into the attacker's groin from behind.
- Cover out.

Uke

- Use your left arm to apply a headlock, pulling the tori forward. Your left foot should be across the tori's body so they can't step forward.
- Release your grip with the strike.
- Crumple.

Releasing the Vise, C variation – Head lock from the right

Tori

- As you step off to the left into a horse stance, raise your right arm and grab the uke's hair, eye socket, or nose, and pull back and down.
- Pivot right to a bow stance and left palm to the attacker's chin.
- Cover out.

Uke

- Use your left arm to apply a headlock, pulling the tori forward.
- Let your head tilt up and back with the pull.
- Keep teeth closed or wear a mouth guard in case of contact.
- Crumple.

3. Twisting the Jaws – Right wrist grabbed by right hand

Tori

- Step forward with the left foot as you raise your right hand toward your chest. Counter-grab the attacker's wrist with your right hand.
- Step again with your left, planting in front of the attacker's right foot. While taking this step, cock your left hand as if for an inward block and apply pressure to the attacker's arm, pushing the attacker over. Keep hold of the attacker's wrist with your right hand at your belt.
- Cock your left hand across your body and strike the right side of the uke's head with a left elbow. Raise your left arm up and bring the elbow down into the attacker's spine or back of neck.
- Cover out.

Uke

- Step forward with the right and grab the tori's right wrist with your right hand.
- Go over with the pressure to your arm. Keep your elbow bent to avoid hyper-extension.
- Crumple.

4. Striking Key – Shoulder grab from the right

Tori

- Pin attacker's hand with your left hand. Take a small step away with your left foot and right key strike into the left upper arm with your palm facing you. Follow with another key strike in Kenpo punch position into the attacker's underarm.
- Shuffle up with your left foot to bring your feet together.
- Right knife edge kick to the attacker's left knee.
- Cover out.

Uke

- Stand to the right of the tori and grab the shoulder with your left hand, arm slightly bent.
- Turn your foot so the back of your knee is exposed, rather than the front or side.
- Crumple.

5. Descending Arrow, A variation – Right shoulder grab from behind

Tori

- With your left foot, cross step to the right and chamber both fists at your left hip.
- As you pivot right into a left rear horse to face your attacker, raise the right elbow high and drive it down to clear the attacker's arm with a simultaneous left punch to the attacker's ribs.
- Follow with a right punch to the attacker's face.
- Draw your right foot back into a cat stance and right snap kick to the attacker's groin or midsection.
- Cover out.

Uke

- From behind, grab the tori's right shoulder with your right hand, keeping the elbow bent.
- Release your grip with the elbow strike. Keep your hands out of the way of the punch.
- Keep your hands out of the way of the kick.
- Crumple.

6. Arrows From the Sky – Two-handed lapel grab

Tori

- As you step off to the left, raise your arms high into the air. With elbows together, drive down to clear the attacker's hands. Strike with double inverted half fists to the throat.
- Step forward with your right foot and strike with a right upward elbow to the chin. Pivot left to a right kneel stance and follow with a right hammer fist to the groin.
- Right rear kick to the attacker's midsection.
- Cover out.

Uke

- Facing the tori, grab the lower lapels with both hands.
- Let go as the tori's elbows strike your forearms. Your head will drop forward and whip back up.
- Keep your teeth closed or wear a mouth guard for elbow. Bend knees with the groin strike.
- Keep your hands out of the way of the kick.
- Crumple.

7. Chopping Bamboo, B variation – Double shoulder grab

Tori

- With your left hand, pin the attacker's hand on your right shoulder. Turn toward that attacker and right speed chop to the neck.
- Right cross step and pivot to face Uke L with a right two finger eye scoop into the left eye, followed by a left chop to the throat.
- Retreat with a left hidden foot and pull the right foot back into a cat stance, facing Uke R. Block the incoming punch with a right inward block.
- Right snap kick to Uke R's groin or midsection, and follow with a right rear kick to Uke L's midsection.
- Cover out away from both attackers.

Uke

- Two person attack. The uke on the right grabs with the left hand, the uke on the left grabs with the right.
- Uke R: Turn head slightly so the chop is to the side of the neck instead of the throat.
- Uke L: Turn your head so the eye strike is to the cheek and the chop to the side of the neck.
- Uke R: step forward with the fight foot and right punch to the head.
- Both: keep your hands out of the way of the kick.
- Both: crumple.

8. Tangled Wings, A variation – Full nelson

Tori

- Step off to your left into a square horse and double back knuckle into the attacker's face. Drive both elbows down to loosen the grip, and then double punch toward the ground to clear the attacker's arms.
- Strike with a right heel kick to the inside of the attacker's left knee and follow with a right knife-edge kick to the inside of the attacker's right knee.
- Move your right foot down the shin to stomp the instep.
- Cover out.

Uke

- From behind, grab the tori in a full nelson hold.
- Keep your head against the tori's back. Release the hold as the tori drives elbows down.
- Turn your right foot to the outside so the stomp misses.
- Crumple.

9. Wounded Paws – Bear hug from behind, arms pinned

Tori

- Step off to the right into a low square horse as you raise both arms high and bring your elbows down, striking the attacker in the hands or forearms to break the grip.
- Circle your left leg around and check your attacker's right knee, taking away the uke's balance. Chamber both fists by your right side.
- Turn to the left into a kneel stance, as you drive your left elbow into the attacker's upper body, followed by a right hammer fist into the groin or abdomen.
- Cover out.

Uke

- Come up from behind and grab the tori around the middle, as if to lift, without restraining the arms.
- Release the grip when struck.
- Crumple or fall onto left side.

10. Hand of the Dragon – Choke from the front

Tori

- Reach over the top of the attacker's hand and insert your left thumb into the grip to grab the thumb. Step back with your left foot.
- Twist the attacker's palm toward their face as your right hand moves to the back of the hand, gripping the hand with your thumbs on the back of the hand. Flex the wrist towards their shoulder and bring it to your belt.
- Rotate the uke's hand toward your left leg as you turn into a right bow stance, taking the attacker down.
- Pull the attacker's hand up to straighten the arm as you raise your right knee. Pull up hard with both hands as you stomp into the underarm or ribs.
- Cover out.

Uke

- Face the tori and grab the throat with your right hand.
- Loosen your grip.
- Go with the pressure on the wrist.
- Bend your knees and fall on your left side.
- Allow your arm to be straightened.

Supplemental Orange Belt Techniques

11. Entering the Shrine, B variation – Bear hug from the front

Tori

- Step back with the right foot into a rear horse and triple back knuckle (R, L, R) into the base of the attacker's skull.
- Cover out.

Uke

- Step forward with the left foot and grab the tori with both arms around the midsection.
- Let go.
- Crumple.

Entering the Shrine, C variation – Bear hug from the front

Tori

- Step back with the right foot into a rear horse and simultaneously strike the right side of the attacker's jaw with your left palm and right key strike into the left side of the face, behind the jaw.
- Cover out.

Uke

- Step forward with the left foot and grab the tori with both arms around the midsection.
- Let go.
- Crumple.

Entering the Shrine, D variation – Bear hug from the front

Tori

- Step back with the right foot into a rear horse and double palm strike to the attacker's ears.
- Cover out.

Uke

- Step forward with the left foot and grab the tori with both arms around the midsection.
- Let go.
- Crumple.

12. Jaws of the Tiger, A variation – Right wrist grab

Tori

- Pull your right hand to a chambered position as you step forward with your right foot. Punch with your right hand to the left and upward to loosen the attacker's grip.
- Bring your left hand to your right armpit and use a chopping motion along the length of your right arm and recoil your right hand, removing the attacker's hand.
- Right punch to the attacker's ribs, followed by a left punch to the face.
- Cover out.

Uke

- Face the tori and step forward with the left foot as you grab the tori's right wrist with your left hand.
- Let your hand go with the "strike."
- Release the grip.
- Keep hands out of the way of the strikes.
- Crumple.

Jaws of the Tiger, B variation – Right wrist grab

Tori

- As you step forward with your right foot, slip your right hand under the attacker's wrist and punch upward with an open hand, thumb on one side of the attacker's wrist, fingers on the other.
- Shuffle forward and drive the right elbow down into the attacker's sternum or armpit.
- Cover out.

Uke

- Face the tori and step forward with the left foot as you grab the tori's right wrist with your left hand.
- Let your hand move with the motion.
- Keep your body open for the strike.
- Crumple.

13. Coil of the Python, A variation – Choke from behind

Tori

- Grab the choking arm at the elbow with your left hand and turn your chin into the elbow.
- Step left into a low square horse and right elbow back into the solar plexus.
- Follow with a right hammer fist to the groin and right back knuckle to the nose.
- Cover out.

Uke

- Step with your left foot forward and grab the tori around the neck with your left arm.
- Loosen your grip with the strike.
- Bend knees slightly with the groin strike and keep head upright for the back knuckle.
- Crumple.

Coil of the Python, B variation – Choke from behind

Tori

- Grab the choking arm at the elbow with your left hand and turn your chin into the elbow.
- Step left into a low square horse and strike the solar plexus with a right elbow.
- Follow with a simultaneous right hammer fist to the groin and a left four-finger eye strike over your right shoulder.
- Cover out.

Uke

- Step with your right foot forward and grab the tori around the neck with your right arm.
- Loosen your grip with the strike.
- Grab your face.
- Crumple.

14. Hidden Sword, B variation – Two-handed lapel grab

Tori

- Pin the attacker's hands to your chest with your left hand as you step forward with your right foot into a rear horse as you take a right ridge hand to the attacker's groin.
- Use a push-pull motion to clear the attacker's arms down and off with your left hand and raise your right arm as if for an inward block.
- Right locking chop to the neck.
- Cover out.

Uke

- Grab the tori's lower lapels with both hands and pull toward you.
- Keep your elbows bent.
- Release your grip and let your arms fall.
- Keep teeth closed or wear a mouth guard to avoid injury in case of contact.
- Crumple.

15. Charging Bull, A variation – Charge from the front

Tori

- Left snap kick to attacker's midsection or groin and plant back into a left rear horse.
- Drive a right locking chop to the back of the neck.
- Cover out.

Uke

- Take a big step forward with the right foot and attempt to grab the tori around the midsection.
- Keep arms high, away from the kick, then lean forward.
- Crumple.

Charging Bull, B variation – Charge from the front

Tori

- Step back with the left foot into a low rear horse and right elbow smash to the attacker's temple.
- Cover out.

Uke

- Take a big step forward with the right foot and attempt to grab the tori around the midsection.
- Lean forward as you attempt to grab.
- Crumple.

Charging Bull, C variation – Charge from the front

Tori

- Step back with the left foot into a low rear horse. Drive a right elbow down into the attacker's spine or neck.
- Right hammer fist into the lower spine or right kidney.
- Cover out.

Uke

- Take a big step forward with the right foot and attempt to grab the tori around the midsection.
- Keep low to allow strikes.
- Crumple.

16. Doors of the Shrine – Bear hug from the front, arms pinned

Tori

- Move your hands to the front of your body and pinch or drive both thumbs into the groin.
- Lift your right knee up into the attacker's groin as you push your left hand in chop position into the attacker's throat.
- Plant forward with the right foot and right punch to the solar plexus.
- Cover out.

Uke

- Step forward with the right foot and grab, pinning the tori's arms.
- Loosen your grip.
- Step back with the chop.
- Crumple.

17. Lobster's Claws, A variation – Double wrist grab

Tori

- Step back with the right foot into a rear horse as you do double vertical outward blocks to loosen the attacker's grip. Turn the hands and use chopping blocks to clear the arms.
- Right snap kick to the groin and plant forward with double palms to the ribs.
- Cover out.

Uke

- Step forward with the right foot and grab both wrists.
- Release your grip and keep arms up so they can be pushed aside.
- Keep midsection open for the kick and strikes.
- Crumple.

18. Capturing Paws, B variation – Bear hug from behind, arms pinned

Tori

- Step right into a low square horse with a left punch to loosen the grip. Left elbow to the solar plexus, followed by a left hammer fist to the groin. Grab the groin with your left hand.
- With your left leg, step behind the attacker's right leg and rip upward with your left hand.
- Right hammer fist to the groin as your left elbow moves to the chin and around, taking the attacker down.
- Cover out.

Uke

- Stand upright and grab with two hands, as though to lift the person.
- Keep teeth closed or wear a mouth guard.
- Fall onto you left side or crumple.

19. Raising the Mallet – Two-handed grab to right wrist

Tori

- Grab your right hand with your left as you right snap kick to the groin. Recoil the kick and plant forward between the attacker's legs.
- Raise your right elbow into the attacker's chin, breaking the grip.
- Pivot left into a kneel stance and right hammer fist to the groin. Follow with a right rear kick to the midsection.
- Cover out.

Uke

- Step forward with the right foot and grab the right wrist with both hands.
- Let go and keep teeth closed or wear a mouth guard.
- Keep hands out of the way of the kick.
- Crumple.