

## **8th Kup Orange Belt Requirements**

### **Testing for 7th Kup Low Green Belt**

You will need to know the following information:

- Chon Ji
- Dan Gun
- Do San
- Free Sparring
- Student Oath
- Rules of the Dojang
- Meaning of Tae Kwon Do
- 10 Basic Movements
- Reverse Kick
- Wheel Kick (breaking technique)
- One Step Sparring

#1 – Step out with your right foot into a deep horse stance while executing a knife hand block to the attacker's punch with your left hand and middle punch with your right, pull your right hand back to ready position while covering it with your left. Your feet should be parallel to your attacker's feet. Follow with another knife hand block to the attacker's punch with your left hand and high punch with your right. Grab the attacker's right wrist, step back (to pull them forward) and do a roundhouse kick to the mid-section with your right foot.

#2 – Jump to your right to avoid the punch, then do a high traditional jump front snap kick and three punches starting with the right fist first. Two middle and one high.

#3 – TAKE DOWN – Step out with your right foot into a deep horse stance then step across the attacker's right leg with your right leg, at the same time doing an outside-inside block with your right arm (blocking their punch). Turn to your left (do not move your feet) elbow to the mid-section. Turn back to the right and elbow strike to the ribs with your right elbow. Then grab their wrist with your left hand while grabbing the front of their shoulder with your right hand, placing your thumb in their armpit, and stretching their arm out. Push them over your hip, taking them to the floor. Kick and punch.

#4 – Step out with your left foot into a deep horse stance while executing an open hand pushing block with your left hand. Punch three times starting with the right fist first, two middle punches and one high. End with a roundhouse kick to the midsection.

#5 – TAKE DOWN – Step out with right foot into a deep horse stance while executing a left outer forearm block to the attacker's punch. Then step your right leg behind their right while you reach under their arm and bring your right fist down on their elbow causing it to bend. Lock the back of your fists together. Sweep their foot and take them down. Kick and punch.

#6 – Step back with your left leg and do a left leg wheel kick.

#7 – Step back with your right leg and do a right leg wheel kick.

- You should remember all the White & Yellow belt forms, one-steps, and meanings.

Meaning of Orange Belt: Signifies earth, a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.