

Stripe Requirements - Orange Belt

Orange belt is the first belt that you get your sparring gear and learn taekwondo moves where contact is made. We only allow light contact when we spar and no contact to the face, below the belt or back at any time. At orange belt you will learn 3-5 sparring combinations (depending on age). These combinations are to get you ready for green belt where free sparring is introduced. All sparring gear must be red Taekwondo America sparring gear.

Required Gear for Orange Belt

- Red Taekwondo America sparring gear
- Must have all three patches sewn on your uniform

Stripes

- 1.) Must show instructor that you can tie your belt
- 2.) New Moves
 - Spear hand
 - Spin back fist
 - Twin outer forearm block
- 3.) New Kicks
 - Jump front kick
 - Jump round kick
 - Jump side kick
- 4.) Demonstrate the Orange Belt Form (Do-San)
 - Cite the name and number of moves in this form
 - Demonstrate entire form
- 5.) Demonstrate Orange Belt Sparring Combinations
 - One-Steps 1-3 (Kids)
 - One-Steps 1-5 (Adults)