

Stripe Requirements - Sr. Orange Belt

Stripes

- 1.) Shadow Boxing
 - 1 minute of shadow boxing
 - Must show good footwork (bouncing/moving left to right)
 - Must show good defensive posture (hands up in guard position)
- 2.) Heavy bag
 - Stop heavy bag with a side kick
- 3.) Kicks
 - Jump front kick
 - Jump round kick
 - Jump side kick
- 4.) Demonstrate the Orange Belt Form (Do-San)
 - Demonstrate IMPROVED form
- 5.) Demonstrate Orange Belt Sparring Combinations
 - One-Steps 1-3 (Kids)
 - One-Steps 1-5 (Adults)(Demonstrate IMPROVED sparring combinations)



MARTIN'S
TAEKWONDO
AMERICA