

**ORANGE BELT EVALUATION
CONTINUED**

SELF DEFENSE:

SELF DEFENSE FROM BEAR HUG :	1 - 2 - 3 - 4 - 5
SELF DEFENSE FROM WRIST GRAB :	1 - 2 - 3 - 4 - 5
SELF DEFENSE FROM GRAB TO SHOULDER	1 - 2 - 3 - 4 - 5

DISCIPLINE	1 - 2 - 3 - 4 - 5
CONFIDENCE	1 - 2 - 3 - 4 - 5

END OF EVALUATION 1ST DEGREE

TOTAL POINTS AVAILABLE : 110
TOTAL POINTS NEEDED TO PASS: 66
TOTAL POINTS EARNED:

STUDENT PASS:	_____
RE TEST NEEDED:	Y / N
PERFECT ATTENDANCE AWARD TO BE RECEIVED	Y / N
NEW BELT LEVEL	_____

2ND DEGREE

SELF DEFENSE STANCE

RIDGEHAND STRIKE (FRONT AND BACK HAND)	1 - 2 - 3 - 4 - 5
TURNING SIDE KICK (STEPPING FORWARD)	1 - 2 - 3 - 4 - 5

TWO BOCK STEP AWAY BLOCKING: LOW / HIGH - HIGH DOWNWARD HAMMER FIST	1 - 2 - 3 - 4 - 5
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TOTAL POINTS AVAILABLE :125
TOTAL POINTS NEEDED TO PASS: 75
TOTAL POINTS EARNED:

STUDENT PASS:	_____
RE TEST NEEDED:	Y / N
PERFECT ATTENDANCE AWARD TO BE RECEIVED	Y / N
NEW BELT LEVEL	_____

3RD AND 4TH DEGREE

SELF DEFENSE STANCE:

FRONT LEG CRESCENT KICK (OUT TO IN)	1 - 2 - 3 - 4 - 5
FRONT LEG CRESCENT KICK (IN TO OUT)	1 - 2 - 3 - 4 - 5

ADVANCED 2 BLOCK STEP AWAY BLOCKING FROM SELF DEFENSE STANCE:

LOW / OUT / FRONT SNAP KICK (STEPPING FORWARD) - KNIFEHAND STRIKE (STEPPING IN)	1 - 2 - 3 - 4 - 5
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ADVANCED 2 BLOCK STEP AWAY BLOCKING FROM DEFENSIVE POSTURE:

IN / HIGH / KNEE STRIKE (STEPPING FORWARD) - HIGH DOWNWARD HAMMER FIST (STEPPING IN) -BACK HAND	1 - 2 - 3 - 4 - 5
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END OF EVALUATION ORANGE BELT.

TOTAL POINTS AVAILABLE: 145

TOTAL POINTS NEEDED TO PASS: 87

TOTAL POINTS EARNED:

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED

Y / N

NEW BELT LEVEL
