



AIM USA ORANGE BELT SHOW WHAT YOU KNOW EVENT



This event is designed to show the judges how well the students have learned these moves that are taught through the ORANGE BELT course.

Students will be judged on:

- 1) Good Form (Technique)
- 2) Coordination & Balance
- 3) Focus
- 4) Speed
- 5) Power
- 6) Kiai

Each student will be asked to perform:

- 1) Self – Defense Stance
 - a) Turning Roundhouse Kick Stepping Forward / Jab / Reverse Punch
 - b) Front Snap Kick Stepping Forward / Jab / Reverse Punch
 - c) Skip Side Kick / Backfist
 - d) Outside Block / Reverse Punch
- 2) Ready Stance
 - a) Combo – Mid Rear Elbow Strike / Low Rear Hammer Fist
 - b) High Rear Elbow Strike
- 3) Self – Defense Stance
 - a) Combo Press Kick / Breakaway
 - b) Knee Strike (Back Leg)
 - c) Knife Hand Strike (Back Hand)
 - d) Palm Heel Push (Back Hand)
 - e) Crescent Kick – Out to In (Back Leg Stepping Forward)