



## ORANGE BELT

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Front Hook Kick

**New Techniques** Rear Hook Kick

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**Pattern** (From Parallel Stance) Step back with the left leg and do a front **upper** (outward) **block** (Kihap).  
front **side kick**.  
front **side fist**.  
rear round punch. (Kihap).  
Return to Parallel stance .( adults repeat other side )

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**Speed Drill** Start with : Left foot forward stance.  
Step forward - front straight punch.  
Rear straight punch. + Dodge. + Rear straight punch.  
**Rear Hook Kick .**

Repeat on right side.( Kids only one side)

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**Defense Drill** FOR ADULTS ONLY: (kids remain with Gold Belt Defence)  
Defense Drill 6a NEW Defence Drill – unique to CCS:  
Starts the same as Gold Belt Drill , but the difference is that person who blocks can do **one counter-strike (at a time)** if he/she sees an “opening” in other person`s defence. This will look and feel more realistic.

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**AirShield** Air Shield Attack with free movement

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**Power Test** **Front Hook Kick**  
**Rear Hook Kick**

**CloseRange** Front Over-Arm Bear Hug . Explanation= One student plays the attacker by pressing both arms over Defender`s arms. Defender Pushes back with hip and delivers straight Knee Strike(s) then pulls free and continues with kicks and punches of their choice.

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