



ORANGE BELT Senior

New Techniques

Front + Rear Upward Punch (“ Upper Cut” Strike)

Pattern

Step back with the left leg and do a front **upper** (outward) **block** (Kihap).

front **side kick**.

front **side fist**.

rear round punch. (Kihap).

DO THE ABOVE IN FOUR DIRECTIONS then step into parallel stance when finished.

Speed Drill

Start with : Left front stance.

Step forward – double front straight punches +dodge + front punch again

Rear straight punch.

Rear Hook kick.

Repeat on right side.(Kids only one side)

Defense Drill

Defense Drill 6a

Kids remain with Gold Belt drill – Adults do the following : same as Gold Belt Drill but person blocking does ONE counter when an “opening” is detected

AirShield

Air Shield Attack with free movement

Power Test **Rear and front Upper Cut (2 each) on focus mitts held straight**

CloseRange Front under-arm bear hug . Explanation = One student plays the attacker by placing both arms underneath Defender`s waist . Defender does double round palm strike to the ears (non-contact as always) to loosen grip by attacker . Once that happens further strikes of student`s choice are delivered.
