

Orange Belt Requirements

TECHNIQUES

1. DART
2. CRANE LEAP
3. DIVIDED SWORDS
4. RETURNING VIPER
5. ATTACKING THE WALL
6. GIFT
7. SNAPPING TWIG
8. ARCHING BLADES
9. OPPONENTS AT SIDES
10. KNEE LIFT

FORMS & SETS

1. CHINESE FORM 1
2. KICKING SET

1. **DART – LEFT JAB**
Execute a right wrist hook to opponents left wrist. Follow this with a left finger spear to eyes while keeping a check on opponents left arm with your right hand. Cover out.

2. **CRANE LEAP – HANDSHAKE OR WRIST GRAB**
Hop left to 10:30 into crane stance (right foot in cat placed next to left foot while facing opponent) while pulling opponents right hand to your right waist. Simultaneous with this execute a left palm heel strike to opponents right elbow. Follow this with a right thrust kick to inside of opponent's left knee and then a right chop to neck. Cover out.

3. **DIVIDED SWORDS – RIGHT PUNCH**
Step your left foot to 10:30 as you execute a left inward block to the outside of your attacker's punch while chambering your right arm. Keep a check on the arm with the left hand while turning left into a hard bow and executing a right elbow to the ribs. Turn back right into a horse stance as you do simultaneous right chop to back of neck and left chop to kidney. Cover out.

4. **RETURNING VIPER – RIGHT PUNCH**
Step left foot to 10:30 while executing left parry to outside of attacker's right arm followed simultaneously with a right blushing block grabbing right wrist with your right hand. Execute a right wheel kick to opponent's solar plexus followed by a bounce right rear kick to armpit or head. Cover out.

5. **ATTACKING THE WALL – RIGHT PUNCH**
Step up left foot to 10:30 into horse stance, left punch to ribs as you do a right outward block to attacker's right arm (*L punch*). Turn left into soft bow with a right hammer fist to kidney as left open hand cover to face. Execute a right side kick to back of right knee followed by a bounce right rear kick to back of head. Cover out.

6. **GIFT – HANDSHAKE OR WRIST GRAB**
Step up left foot to 10:30. Simultaneously drive up opponent's elbow with left hand while driving opponent's wrist down with right hand breaking elbow. Sweep right foot clockwise to 9:00 while keeping right hand at your hip and pressure on opponent's arm, causing opponent to stumble forward. Follow this with a right wheel kick to the chest. Cover out.

7. **SNAPPING TWIG – LEFT GRAB TO RIGHT SHOULDER**
Simultaneously step back left to 6:00 while left palm pins wrist and as the right does a palm strike to back of the elbow to break the arm. Circle right hand around elbow and hook down on left elbow pulling attacker into a left hand chop to neck. Right four knuckle rake to temple, shuffle in, right elbow slam to head. Turn soft bow to the left, right hammer fist to the groin, left covers face. Cover out.

8. **ARCHING BLADES – RIGHT PUNCH**
Do a right inward block to the opponent's right punch at the same time as you do a right snap kick to the groin, with left hand in guard position. Set forward right foot to a soft bow, drive a right and left chop to the right side of the opponent's shoulder and neck. Drive a right vertical elbow slam under jaw as the left hand covers the ribs and follow up with a right tiger claw to the eyes. Cover out.

9. OPPONENTS AT SIDES – TWO PERSON SHOULDER GRAB EACH SIDE

Step right foot to 1:00 and as the left covers the face do a right chop (palm down) to the first opponent's throat. Step right counterclockwise to 11:00 toward the second opponent and do a right chop (palm up) to the throat of left opponent. Cover out.

10. KNEE LIFT – FRONT BEAR HUG ARMS PINNED

Drive the thumbs into the opponent's groin nerves followed with a right knee to the groin. Repeat the knee strike to the groin. As the opponent begins to bend forward drive a right palm thrust into the heart to force him away. Do a right thrust kick to the closest knee. Cover out.

Chinese Form I

NOTE: When performing a form in competition you would normally begin and end with a ceremonial bow. This is not necessary when practicing unless you need practice with the ceremonial bow.

1. Start from a ready stance with (right fist in left open palm) salute, facing 12 o'clock.
2. Step with your right foot forward towards 12 o'clock into a right neutral bow while simultaneously delivering a right inward block and a left back elbow strike.
3. Step with your left foot forward towards 12 o'clock into a left neutral bow while simultaneously delivering a left inward block and a right back elbow strike.
4. Bring left foot back into cat next to right foot while bringing arms into chest forming an X with left arm on the outside. Step left counterclockwise to face your next imaginary opponent at 9 o'clock into a left neutral bow, while simultaneously delivering a left outward block and a right back elbow strike.
5. Step with your right foot to 9 o'clock into a right neutral bow while simultaneously delivering a right outward block and a left back elbow strike.
6. Turn counterclockwise to face your next imaginary opponent at 3 o'clock, placing you in a left neutral bow while simultaneously delivering a left upward block and a right back elbow strike.
7. Step with your right foot to 3 o'clock into a right neutral bow while simultaneously delivering a right upward block and a left back elbow strike.
8. Bring right foot back into cat next to left foot while bringing arms into chest forming an X with right arm on the outside. Step right clockwise to face your next imaginary opponent at 6 o'clock into a right neutral bow, while simultaneously delivering a right downward block and a left back elbow strike.
9. Step with your left foot towards 6 o'clock, into a left neutral bow, while simultaneously delivering a left downward block and a right back elbow strike.
10. Turn and step clockwise with your left foot to 12 o'clock into a ready stance with (right fist in left open palm) salute. Thus returning to the form point of origin.

Kicking Set

Note: The kicks are arranged in sets of four, each set consisting of a front kick, a roundhouse kick, a side kick, and a rear kick. The entire set forms a square, and the hands should always be in a guard position. Also, all kicks should be up at the belt-level.

1. Bow.
2. Start from a ready stance facing 12 o'clock.
3. Step your left foot out into horse stance with arms in chamber and hold for 2 seconds.
4. Drop your right foot back to 6 o'clock in a left neutral bow facing 12 o'clock to start the Kicking Set.

Set I:

1. Begin by executing a step through right front snap kick, landing forward in a right neutral bow.
2. Step into a left front crossover and execute a right leg side kick, landing forward in a right neutral bow.
3. Follow that with a left foot shuffle and a right roundhouse kick, landing in a right neutral bow.
4. Follow that with a step-through left spinning rear kick into which you plant into a left neutral bow.
5. Drop your right foot back toward 9 o'clock so that you are facing 3 o'clock.

Set II:

1. Execute a step-through right side kick, landing in a right neutral bow.
2. Follow that with a left foot shuffle and a right front snap kick staying in the right neutral bow.
3. Follow *that* with a left foot shuffle and a right roundhouse kick staying in the right neutral bow.
4. Follow with a left foot shuffle and then execute a right rear kick, and with the right leg, land in a right neutral bow facing 3 o'clock.
5. Drop your left foot back to 12:00 so you end up in a right neutral bow facing 6 o'clock.

Set III:

1. Execute a step-through left leg spinning rear kick, landing in a left neutral bow.
2. Follow with a right shuffle and a left roundhouse kick, landing in a left neutral bow.
3. Follow that with a right shuffle and a left front snap kick, landing in a left neutral bow.
4. Follow that with a right shuffle and a left side kick, landing in a left neutral bow.
5. Drop your right foot back towards 3 o'clock so that you are in a left neutral bow facing 9 o'clock.

Set IV:

1. Execute a step-through right roundhouse kick and land in a right neutral bow.
2. Follow that with a left step through spinning rear kick, landing in a left neutral bow.
3. Follow that, with a right step-through front kick landing forward in a right neutral bow.
4. Follow that with a left step-through side kick.
5. After side kick but before putting your left foot down, bring left foot to side of right knee and right fist in left open palm salute while facing 12:00. Hold this position for 2 seconds and then put left foot down.

1. Ready Stance.
2. Bow.