**ORANGE BELT**

1. Punching Pad for 3-5 Minutes

2. Kick Bag for 3-5 Minutes

3. Blocking Kata (20 Moves)

4. Blocking & Parrying Various Kicks from Left & Right

1. Front Snap Kick
2. Leg Sweep
3. Knee Block
4. Roundhouse Kick
5. Leg Takedown
6. Leg Drop
7. Side Thrust Kick
8. Rear Takedown
9. Body Check

5. Sparring - 3 x 2 Minute Rounds:

1. Sparring
2. Kick Jitsu
3. Grappling

6. Questions on Anatomy