

# Orange Belt Curriculum

## *Orange Belt Pattern, 20 Movements*

### Palgwe Il Chong

<u>Direction</u>		<u>Stance</u>	<u>Action</u>
L	¼ turn	Front	Low Block Middle Block
R	½ turn		Low Block Middle Block
L	¼ turn	Back	Low Block Middle Block Middle Block
		Front	Middle Punch (Kiyap)
L	¾ turn	Back	Double Knife Hand Middle Block Middle Block
R	½ turn		Double Knife Hand Middle Block Middle Block
L	¼ turn	Front	Low Block Palm Up Knife Hand Strike Palm Up Knife Hand Strike Middle Punch (Kiyap)
L	¾ turn		Low Block Middle Block
R	½ turn		Low Block Middle Block

## *Orange Belt Basics*

### Front Stance

Three Middle Punch  
Middle Block/High Punch  
High Block/Middle Punch

### Back Stance

Double Knife Low Middle Block  
Double Knife Hand Middle Block  
Middle Block

### Kyroogi Stance

Round House Kick Jab Cross

## *Orange Belt Kicking Combination*

Axe Kick/Spinning Back Kick

## *Orange Belt Self Defense*

### **10 Blocks**

Parry, Parry  
High, High  
Middle, Middle  
Low, Low  
Cross, Cross

### **10 Strikes**

Punch, Punch  
Strike, Strike  
Hook, Hook  
Upper-cut, Upper-cut  
Straight, Straight