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FREE
Introduction Lesson



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ORANGE BELT

(8th Gup)

Test Requirements

| | |
|---|---|
| <p>Techniques:</p> <ol style="list-style-type: none"> 1. Straddle Stance w/ Punches 2. Guarding Stance – Jab, cross, hook, uppercut 3. Guarding Stance -- Backfist 4. Choon Be Stance – Out to in Block | <p>Kicks:</p> <ol style="list-style-type: none"> 1. Front 3x fast (1x each side) 2. Ax Kick |
| <p>One Steps: 4 – 6</p> <ul style="list-style-type: none"> • FOUR – high block – reverse punch / slide back reverse leg front kick • FIVE – inner forearm block – reverse punch / slide back reverse leg inner crescent • SIX – low block – reverse punch / slide back reverse leg ax kick | <p>Self Defense:</p> <ul style="list-style-type: none"> • One handed wrist grab > Open-handed counter (no punches) |
| <p>Breaks:</p> <ul style="list-style-type: none"> • Ax kick | <p>Hyung (Form):</p> <p>Ki cho il bu [Basic Form One]</p> <ul style="list-style-type: none"> • Description / Video |
| <p>Knowledge:</p> <ol style="list-style-type: none"> 1. Meaning of Kun-Gek Do 2. What city and country does Kun-Gek Do originate from? 3. Name and meaning of Orange Belt form 4. What is Qi? 5. Explain "Qi Up" | |

National Karate Institute | 9 West Main Street | Moorestown, NJ 08057 | 856-866-8665

nkikarate@moorestownmartialarts.com

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