

# Orange & Green BELT CURRICULUM

Previously learned skills						
<i>Blocks</i>	<i>Punches</i>	<i>Kicks</i>	<i>Ground</i>	<i>Grabs</i>	<i>Keywords</i>	
<i>Rising</i>	<i>High</i>	<i>Knee</i>	<i>rocking chair</i>	Single hand	<i>Anza</i>	
<i>Side</i>	<i>Middle</i>	<i>Snap</i>	<i>side slap</i>	Double hand	<i>Kosgei</i>	
<i>X-hand</i>	<i>Low</i>	<i>Push</i>	<i>back slap</i>	cross-grip	<i>seiza</i>	
<i>high palm</i>	<i>Upper cut</i>	<i>Crescent</i>				
<i>middle palm</i>	<i>Hammer fist</i>	<i>Chicken</i>				
<i>Scooping</i>	<i>Side elbow</i>					
<i>Sweeping</i>	<i>Back elbow</i>					
	<i>downward elbow</i>					
New Skills						
<b>Blocks</b>	<b>Punches</b>	<b>Kicks</b>	<b>Ground</b>	<b>Kata</b>	<b>Self-defense</b>	<b>Keywords</b>
<b>Dropping</b>	masking elbow	Stomping	chill	1	Bridge	Jun Bei
<b>Drifting</b>	rising elbow	in-step RH	invisible chair	2	Break	Menota
<b>Star</b>	twisting elbow	RH Knee	ninja step	3	Elbow strike	k-son os
<b>short form blocks</b>	Spinning backfist	Roundhouse	Chill strike/kicks	4	Arm behind back	
	1-2 combo	Side thrust				
		Rising				
		Axe				
		Driving Knee				

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