



ON MISSION MARTIAL ARTS

ADULT ORANGE BELT REQUIREMENTS



Stances

- Cat Stance
- Side Fighting Stance

Footwork

- Cross-Over Step
- Shuffle Step
- 45-Degree Angle Evasions
- Box Step from Fighting Stance
- Pivot To The Rear

Strikes

- Shuto / Knife Hand Strike
- Backfist
- The 4 Hammer Strikes
- Palm Heel Strike
- Rising Chicken Wrist
- The 6 Elbow Strikes
- Forearm Strike
- Back Kick
- Side Thrust (Heel) Kick
- Front Thrust (Heel) Kick
- Rising Knee

Blocks

- 8-Point Blocks with counterstrikes
- Above with half-mooning
- Above with a partner
- Outward Knife Hand Block
- Double Knife Hand Block

Spiritual Fitness

- O.M.S.F. (On Mission Spiritual Fitness)
ADULT ORANGE completed

Techniques

- Defensive Maneuver (DM) #3
- Kempo "C"
- Kempo "D"
- Kempo "E"
- Kempo "F"
- Grab Defenses #4-5
- Overhead Club Defense #2
- Side Club Defense #1
- LEVEL ONE – Sparring
- LEVEL ONE – Ground Defenses

Forms & Miscellaneous

- PINAN ONE
- Forward Roll
- Slap-out from a standing position
- 6-Elbow Drill
- 180 Degree Side Kick Drill
- ORANGE Belt Line Drill (#2)

OMMA/Martial Arts Knowledge

- Concentric Circles of Self Defense
- The Continuum of Force
- Framing & Spinning Concepts