

## ORANGE BELT @ HOME WORKSHEET

### Hand Strikes (each □ = 50 repetitions)

Shuto Strike (R) □ (1,000)  
Shuto Strike (L) □ (1,000)  
Backfist (R) □ (1,000)  
Backfist (L) □ (1,000)  
Palm Heel Strike (R) □ (1,000)  
Palm Heel Strike (L) □ (1,000)  
Cross Hand Hammer Strike (R) □ (1,000)  
Cross Hand Hammer Strike (L) □ (1,000)

### Kicks (each □ = 25 repetitions)

Back Kick (R) □ (500)  
Back Kick (L) □ (500)  
Side Thrust Kick (R) □ (500)  
Side Thrust Kick (L) □ (500)

### Blocking Set (each □ = 5 Sets of 8 blocks)

8 Point Block Set w/counters □ (100)  
Above 1/2 mooning backwards □ (100)

### Miscellaneous (each □ = 2 repetitions)

180 Degree Side Kick Drill (R) □ (40)  
180 Degree Side Kick Drill (L) □ (40)  
6 Elbow Drill (R) □ (40)  
6 Elbow Drill (L) □ (40)  
Slap Out to Snake Position □ (40)

### Techniques (each □ = 10 repetitions right and left-handed)

DM#3 □ (500)  
Kempo C □ (500)  
Kempo D □ (500)  
Kempo E □ (500)  
Kempo F □ (500)  
Overhead Club #2 □ (500)  
Side Club #1 □ (500)

### Form (each □ = 1 repetition facing 4 directions)

PINAN ONE □ (25)

### Line Drill (each □ = 2 minutes continuous)

Orange Belt Line Drill (forward) □ (40min)  
Orange Belt Line Drill (backward) □ (40min)

### Scripture Memory (each □ = 5 repetitions)

2 Corinthians 10:3-4a □ (100)