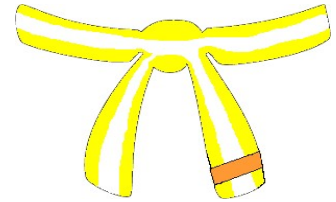




ON MISSION MARTIAL ARTS

Young Warriors – **ORANGE Belt** Checklist

- | | |
|---|--|
| <input type="checkbox"/> Side Blade Kick | <input type="checkbox"/> 6 ELBOW DRILL |
| <input type="checkbox"/> RH & Rev RH Elbows | <input type="checkbox"/> ½ Moon Blocks w/partner |
| <input type="checkbox"/> Rising & Down Elbows | <input type="checkbox"/> DM #7 (R & L) |
| <input type="checkbox"/> Side Elbow | <input type="checkbox"/> Rear Choke Defense (#4) |
| <input type="checkbox"/> Rear Elbow | <input type="checkbox"/> Shuto Strike |
| <input type="checkbox"/> 6 total @home practice sessions | |



This stripe will be awarded during regular class time when student is ready.

- | | |
|--|--|
| <input type="checkbox"/> 45 Degree Angle Evasion | <input type="checkbox"/> Kempo "C" (R & L) |
| <input type="checkbox"/> Cat Stance | <input type="checkbox"/> DM # 3 – to backfist (R & L) |
| <input type="checkbox"/> Backfist | <input type="checkbox"/> Front Choke Defense (#5) |
| <input type="checkbox"/> Palm Heel Strike | <input type="checkbox"/> PINAN ONE (5 moves to FTK) |
| <input type="checkbox"/> Side Thrust Kick | <input type="checkbox"/> Box Step from Fight Stance |
| <input type="checkbox"/> Rising Knee Strike | <input type="checkbox"/> 12 total @home practice sessions |



This stripe will be awarded during regular class time when student is ready.

Do your best to complete these requirements and submit your binder to your Instructor.

- 18 **total** practice sessions on Orange Belt @ Home Worksheet
- Complete On Mission Spiritual Fitness - Orange Belt

Please ask your instructors if you need any assistance.



This stripe will be awarded when student has submitted these papers.

- | | |
|---|--|
| <input type="checkbox"/> Forward Roll from Squat | <input type="checkbox"/> Kempo "D" (R & L) |
| <input type="checkbox"/> Side Fighting Stance | <input type="checkbox"/> Orange Belt Line Drill #2 |
| <input type="checkbox"/> Shuffle & Cross-Over Steps | <input type="checkbox"/> PINAN ONE (first half) |
| <input type="checkbox"/> Side Club #1 (R & L) | <input type="checkbox"/> Overhead Club #2 (R & L) |
| <input type="checkbox"/> 180 Degree Side Kick Drill | <input type="checkbox"/> LEVEL ONE- Ground |



Your Instructor will invite you to test for your Orange Belt.