



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

Modified 01-01-2020