

United Karate Centers

Orange Belt Curriculum

Equipment required for this belt: Kali Sticks \$40.

- Student Creed
- What is the name of your instructor?
- What is the name of your martial art school?
- What does Sensei Mean?
- What is the name of your art?
- What does Southpaw mean?
- Character Building memorization # 1 (Never return evil for evil)
- Document your Orange Belt Experience

1st Tip

- Introduction to silent meditation
- How to tie your belt
- Check in
- Have a UKC Success Journal

Tip Test Date and Signature: _____

2nd Tip

- Yoga stretching
- Fighting stance
- Defensive stance
- How to hold kicking bags, focus mitts and air shields

Power kicks

- Front kick
 - Side kick
 - Roundhouse kick
 - Back kick
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- Jab Cross

- Left hook
- Elbow Strike (horizontal, both ways)
- Elbow Strike (vertical, both ways)
- Elbow Strike (diagonal, both ways)
- 4 corner blocks (elbow left, elbow right, paddle left, paddle right, perry right, perry left, leg check left leg check right.)

Tip Test Date and Signature: _____

3rd Tip

- 4 Counts - **RK-H-C-LK**
- 4 Counts - **LK-C-H-RK**
- 4 Counts - **RK-H-C-L. Knee**
- 4 Counts - **LK-C-H-R. Knee**
- 4 Counts - **RK-H-C-L. Elbow**
- 4 Counts - **LK-C-H-R. Elbow**

- Kicking Combination # 1 (low leg kick, front kick, side kick)
- Kali (cup/cup, x pattern 3 count, 6 count heaven)
- Grappling (distance gauge, peek-a-boo block, clinch, front leg sweep)
- Burbees
- Air Squats
- Front Squats
- Overhead Squats
- Push Ups

Red Tip Date and Signature _____

Revision date: 3/2017