

ORANGE BELT

1. 100 TIME THEORY
2. FRONT LEG ROUND KICK
3. BACK LEG ROUND KICK
4. BACKFIST
5. STRAIGHT PUNCH (FROM HORSE STANCE)
6. FORWARD STANCE
7. 4 CORNER BLOCKING
8. UPPER BLOCK
9. INNER BLOCK
10. ANGER MANAGEMENT PHRASE

ONE HUNDRED TIME THEORY

If you practice a technique 100 times a day for a week, then you will have done the technique 700 times. If you practice a technique 700 times then there should be some improvement

ANGER MANAGEMENT PHRASE

Stop! I'm too angry to talk about this right now. I need to take a cool down.