

Orange Belt Set

1. Attention (Yes Sir!)
2. Bow (Osu)
3. Anger Management Phrase
4. Left Side Self Defense Stance
5. Right Side Sparring Stance
6. Four Corner Blocking
7. Jab
8. Cross
9. Elbow
10. Elbow
11. Knee Attack (Left Leg)
12. Front Kick (Left Leg)
13. Forward Roll
14. Side Breakfall
15. Standing from the ground