

## **ORANGE BELT**

1. Sumo
2. Japanese Strangle Hold
3. Blocking The Kick
4. Headlock
5. Crash Of The Eagle - Part 1
6. Pushing The Circle
7. Tackle Techniques
8. Rising Elbow
9. Opponent At Sides
10. Dancer
11. Passing The Horizon
12. Kimono Grab
13. Lever
14. Crashing Elbow
15. Front Bear-hug
16. Knee Lift
17. Attacking Circle
18. Crossing Talon
19. Aiming The Spear
20. Shackle Break
21. Simitar
22. Wrap Arounds
23. Spreading The Leaves
24. Anvil
25. Raising The Staff
26. Cutting The Pagoda
27. Windmill Guard
28. Circling Elbows
29. Heel Hook
30. Encircling Arms

## **KATA**

Short 1