

ORANGE BELT SELF DEFENSE TECHNIQUES

1. CLUTCHING FEATHERS - (Front left hair grab)
2. TRIGGERED SALUTE - (Front right hand direct push)
3. DANCE OF DEATH - (Front right reverse punch)
4. THRUSTING SALUTE - (Front right step through kick)
5. GIFT OF DESTRUCTION - (Front handshake)
6. LOCKING HORNS - (Front headlock)
7. EVADING THE STORM - (Front right step through overhead club)
8. LONE KIMONO - (Front left hand lapel - palm up)
9. GLANCING SALUTE - (Front right cross push)
10. FIVE SWORDS - (Front right step through punch)
11. SCRAPING HOOF - (Rear full nelson)
12. GRIP OF DEATH - (Left flank right arm headlock)
13. REPEATING MACE - (Front left hand push)
14. SHIELDING HAMMER - (Front left step through roundhouse punch)
15. STRIKING SERPENT'S HEAD - (Front bear hug - arms free)
16. CRASHING WINGS - (Rear bear hug arms free)

*Feathers = Hair * Gift = Handshake * Salute = Heel Palm, Push * Hoof = Heel of Foot *
Wing = Elbow * Kimono = Lapel

Forms and Sets

Short Form 1 - Long Form 1 Part 1 - Long Form 1 Part 2 -
Long Form 1 – Isolation - Striking set 1

SAYINGS

- Let time be your measurement to skill and experience.
- To hear is to doubt, to see is to be deceived, but to feel is to believe.
- In every offense there is a defense and in every defense is an offense.
- One becomes great when he comes to the realization that what he knows is very little.
- Condition and guts take over where knowledge and skill end.
- Where circular moves end, linear begin; where linear moves end, circular begin.
- Many answers lie in a single move, but many moves do not necessarily give a single answer.
- There are no pure styles of karate. Purity comes only when pure knuckles meet pure flesh, no matter who delivers or who receives.
- He who hesitates, meditates ... in a horizontal position.



Orange Belt Pledge: *I understand that I am but a beginner in a new and fascinating art which will direct me to greater obligations and responsibilities. To honor my obligations and responsibilities, I pledge to myself to serve my instructor, fellow students, and fellow man*