

PACIFIC KICKS

MARTIAL ARTS



Orange Belt Curriculum

(Transition & Technique Improvement Level)

Jayoo (1st Stripe)

Jayoo with the music

Breaking

1. Side kick or Front kick
2. Knife hand or Hammer fist

Chosang & Jungye Drills (2nd Stripe)

Techniques

1. Hook Kick
2. Crescent Kick - Inside and Outside
3. Twist Kick

Basic Free Sparring w/ Skipping/Slipping - Hook Kick (3rd Stripe)

Class count

Complete at least 30 regular classes to move from Orange to Green