

Rising Warriors - Orange Belt Requirements

Going From Yellow Belt to Orange Belt

STANCES

1. Attention Stance (feet together, hands to your side, back straight, eyes forward)
2. Fighting Stance (Left Lead)
3. Shoulder Stance (Feet shoulder width apart)

STRIKING - LEG TECHNIQUES

Shoulder Stance:

1. Front Kick (Both Legs, Alternating Legs - Strike with Ball of the foot)
2. Side Kick (Both Legs - Strike with Heel of the foot - foot horizontal)

Fighting Stance (Left Lead):

1. Front Kick (Rear Leg - Strike with Ball of the foot)
2. Side Kick (Lead Leg - Strike with Heel of the foot - foot horizontal - looking at target)
3. Knee Strike (Rear Knee)

Seaweed (Blocking the Head, Feet together):

1. Up Kick (Strike with Heel of the foot - hips off the floor)
2. Side Kick (Strike with Heel of the foot - foot horizontal - looking at target)
3. Pop Up To Their Feet (2-hand version)

STRIKING - HAND TECHNIQUES

Blocks:

1. Helmet & Crash In
2. Tight Cover
3. Body Tuck
4. Double Pillar

Shoulder Stance:

1. Horizontal Straight Punch (Single and Double)
2. Vertical Straight Punch (Single and Triple)

Fighting Stance (Left Lead):

1. Jab (Lead Hand)
2. Cross (Rear Hand)
3. Palm Strike (Rear Hand)
4. Slap (Lead Hand)

Hand Strike Combinations:

1. "1-2" Jab - Cross
2. Palm - Slap
3. Palm - Slap - Palm
4. 3-Count (*Jab, Cross, Slap*) + Front Kick / + Rear Knee
5. 4-Count (*Jab, Cross, Slap, Cross*) + Front Kick / + Lead Knee

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CLINCHING

Wrist & Arm Games:

1. Up & Grab
2. Down & Grab
3. Circle Over
4. Circle Under

Body Hugs:

1. Inside Body Hug
2. Outside Body Hug

MANIPULATION

Takedown Defense:

1. Sprawl
2. Sprawl & Spin
3. Break falls (Standard, From Standing)

Takedowns:

1. Lasso Takedown

GRAPPLING

Positions:

1. Top Mount
2. Tarantula Mount (*Plus Retention: side-to-side & swim*)
3. Back Mount "The Backpack"
4. Praying Mantis

Escapes:

1. Trap Bridge & Roll
 - *Forearm*
 - *Head Wrap*
 - *Punching (Advanced Trap Bridge & Roll)*
2. Defensive Positional Concepts
 - *Never lay flat on your back*
 - *Shrimp your hips out & get to your side*
 - *Frame to create space*