



# **Little Warriorz**

## **Requirements for Grading**

### **7th Grade**

## **Orange Belt**

#### **Hand techniques-**

- Jab (front hand)
- Cross (back hand)
- Back Fist (front hand)
- Hook (front hand)
- Upper Cut (front hand)

#### **Foot techniques-**

- Turning Kick (with the front leg)
- Roundhouse Shin Kick (with the back leg)
- Knee Block (with the front leg)

#### **Blocking techniques-**

- Mid-section Outside Knifehand Block (front hand)
- Low-section Outside Knifehand Block (front hand)

#### **Special techniques-**

- Strike the pad with various techniques

#### **Fitness**

- 5 Press Ups
- 10 Stomach Crunches
- 10 Star Jumps