



## **Orange Belt Homework**

Orange belts interested in testing to Green belt must know the following, as well as previous items:

### **Meaning:**

Orange, Sunrise: The rising sun, a symbol across countless cultures indicating the beginning

**Rank:** 8<sup>th</sup> Gup

### **Vocabulary:**

“Twee-Coo-Bee” - Back Stance

“Choon-Be” - Ready Stance

“Ahn-Aro-Makki” - Inside to Outside Middle Block

“Bak-ro-Makki” - Outside to Inside Middle Block

“Ku-Ki” - Flag OR Self Control

“Cha-ryut” - Attention

“Kyung-ye” - Bow

(21-29 Follow the same pattern as 11-19, Sumul plus the number)

“Sorun” - Thirty

“Kylk-Pah” - Board Breaking

### **Form:**

Taegeuk Il Jang (1-8)

### **Self-Defense:**

All Self Defense that the student has learned in class, minimum is Number 2, starting from a Right guarding stance.

### **Board-Breaking:**

Right Leg Axe-Kick

### **Strength:**

15 Pushups, 30 Squats

COST : \$95

BELT TESTING DATE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_