

Task Karate Orange Belt Test

Fighting Stance

- Fighting Stance (with switching)
- Advancing and Retreating

Punching

- Rear Hand Punch
- Jab

Kicking

- Front Leg Snap Front Kick (top of the foot)
- Front Leg Round Kick

Self Defense (Emergency and Release)

- Front Choke (step back, swing arm over, elbow)
- Double Lapel (step back, grab elbows, knee, palm)

One Step Sparring

- Inside Block, Rear Palm Heel Strike

Traditional Form Movements

- Down Block (From chun-bi, alternate left and right)
- Front Stance (advancing and retreating)
- Front Stance Stepping Punch
- Back Stance (advancing and retreating, hands up)

Form

- First Half of Form #1

Kick–Punch Combination

- Front Leg Round Kick, Rear Hand Punch

Projected Promotion Schedule:

16 to 24 lessons and 2 to 3 months of attendance, as well as an understanding of the techniques, are required for promotion!