

Task Karate Orange Belt Test

Fighting stance

- Fighting stance (with switching)
- Advancing and retreating
- Step, slide (fencing)

Punching

- Jab
- Rear hand punch

Kicking

- Back 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)

Defense against strikes (rotates each month)

- Straight punch, haymaker, backfist

Traditional form movements

- Front stance (advancing and retreating)
- Front stance, stepping punch
- Back stance (advancing and retreating, hands up or down chop)

Form

- First half of form #1 (bonus! All of form 1, 2, or 3!)

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!