



5th Kyu – Orange Belt Course

Techniques

Punches	1. Shielding Hammer 2. Dance of Death 3. Raining Claw	Left Hooking Punch Right Punch Right Uppercut
Kicks	4. Thrusting Salute 5. Buckling Branch	Right Kick Left Kick
Grabs	6. Clutching Feathers 7. Obscure Wing 8. Obscure Sword 9. Menacing Twirl 10. Lone Kimono	Left Hair Grab Side Shoulder Grab Left Hand Shoulder Grab Rear Belt Grab Left Hand Lapel Grab
Weapons	11. Returning the Storm	Roundhouse & Backhand Club Attack
Holds	12. Gift of Destruction 13. Twisted Twig 14. Bow of Compulsion	Right Wrist Grab Front Wrist Lock Front Wrist Lock
Ground Defence	15. Encounter with Danger 16. Leap from Danger	Ground attack – Front Ground attack – Rear

Sets

Hand Set
Foot Set
Blocking Set (Star Block)
Elbow Set

Forms

Short Form One
(Blocking Form) (R & L)
Form One

Basics

As per Basics Sheet

Sparring

Free Style Sparring Sequences A to D

Notes:

1. **Dance of Death:** Do not teach the take-down to students at this stage
2. **Encounter with Danger** and **Leap from Danger:** As these are ground techniques i.e performed after an assailant has pushed you to the ground, it is important to instruct students how to fall and roll when teaching these two techniques.