



Orange Belt Curriculum

12 Basic Stances

Stances:

1. High closed stance, feet together hands on chest
2. High open stance, feet one foot length apart
3. High back stance, turn left foot 90 degrees
4. High twist stance, pivot back foot
5. Low closed stance, feet together with knees bent
6. Low open stance, feet 3 foot lengths apart
7. Low back stance, turn left foot 90 degrees
8. Low twist stance, pivot back foot
9. Front stance, lock back leg, put hands in traditional position, toes forward
10. Front kick stance, pick up knee waist level
11. Side kick stance, pivot support foot, tuck kicking leg
12. Round kick stance, Pivot support foot, point knee at target

Orange Belt Form: *Chosang*, meaning *Ancestors 1-16*

Chun-bi: Right hand covering left fist, chin level

1. West, fold, left chop block and yell
2. Right back punch
3. East, right fold, chop block
4. Left back punch
5. North, left chop block
6. Right back punch



7. South, right chop block (do not bring feet together on fold)
8. Left back punch
9. North, open hand fold (feet do not come together), left on top, right high chop, left low chop
10. Pivot high right knife hand strike, left hand open block
11. Right back leg front kick (guards in)
12. Double fist fold, right on top, right back fist. (low crossed stance, front foot facing north, body at a 45 degree angle)
13. Open hand fold right on top, left high chop, right low chop
14. Pivot high left knife strike and right open hand block
15. Left back leg front kick (guards in)
16. Double fist fold, left on top, left back fist and yell

3 Count Round Kick

1. Chamber round kick with straight posture
 - a. Full pivot on support foot
 - b. Support knee locked
 - c. Heel and knee pointed towards target
2. Round kick snap and refold.
 - a. kick goes all the way through target
3. Foot down