

ORANGE BELT SYLLABUS SELF DEFENCE:

1. CLUTCHING FEATHERS:

Front left hand hair grab.

***2. TRIGGERED SALUTE:**

Front right hand push.

3. DANCE OF DEATH:

Front right straight step thru punch.

4. THRUSTING SALUTE:

Front right step thru kick.

5. GIFT OF DESTRUCTION:

Handshake.

6. LOCKING HORNS:

Front headlock.

7. LONE KIMONO:

Front left hand lapel grab.

***8. GLACING SALUTE:**

Front right hand cross push.

***9. FIVE SWORDS:**

Front right step thru round house punch. Front wrist lock.

10. BUCKLING BRANCH:

Front left step thru kick.

11. SCRAPING HOOF:

Full nelson.

12. GRIP OF DEATH:

Left flank right arm headlock.

13. CROSSING TALON:

Front right hand wrist grab.

***14. REPEATING MACE:**

Front left hand push.

***15. SHIELDING HAMMER:**

Front left step thru round house punch.

16. STRIKING SERPENTS HEAD:

Front bear hug arms free.

17. LOCKED WING:

Rear right arm hammer lock.

18. OBSCURE WING:

Right flank, left hand shoulder grab.

***19. REVERSING MACE:**

Front left step thru straight punch.

20. THRUSTING PRONGS:

Front bear hug arms pinned.

21. TWISTED TWIG:

Front wrist lock.

22. OBSCURE SWORD:

Right flank left hand shoulder grab with push.

23. RAINING CLAW:

Front right upper cut punch.

24. CRASHING WINGS:

Rear bear hug arms free.

SETS:

KICKING SET ONE.

FORMS:

LONG FORM ONE.

***NB DENOTES JUNIOR BELT REQUIREMENTS.**