

RSK & XT

Orange Belt

Cost : \$30

Credits : 32 - 4 Months

BREAKTHROUGH MARTIAL ARTS



BLACK BELT DEVELOPMENT

- 3 rules of a positive attitude
- Perseverance
- Green "Home Practice" stripe

FOUNDATIONAL SKILLS

- Bow stance (fwd & rev)
- Jab
- Cross
- Dbl punch, bob combo
- Front kick
- Round kick

SUBMISSION GRAPPLING (WHITE)

- Side break fall
- Full mount
- Wrist lock # 1

EXTREME KUNG FU (ORANGE)

- Fwd tuck roll
- Rev shoulder roll
- Pop front kick
- Inside crescent kick
- Creative board break (x2)

WEAPONS (PURPLE)

- Combo 1 (chucks)
- Fwd Figure 8s (chucks)
- Strikes 1 & 2 (staff)

STREET PROOFING (BLACK)

- Stanger defense (solo)
- Ridge hand
- Shin kick
- Low blocks

- **All previous belt test material**