

## Orange Belt

### Eligibility for testing

- At least 4 months of consistent class attendance as Yellow Belt
- Demonstrated improvement from previous level
- Ability to do 15 consecutive push-ups and sit-ups with proper form
- Ability to perform kata requirements individually without errors.

### Performance requirements

#### Kata

- Sanchin
- Gekisai Ichi

#### Kihon / Basics

- All Yellow Belt level techniques
- Zenkutsu dachi / long stance
- Mawashi geri / roundhouse kick

#### Kumite

- Block and counter
- Point sparring
- Free sparring

### Training expectations

- Good attendance necessary to maintain progress. Attend optional classes when you are unable to attend both of your core karate classes.
- Begin practicing at home at least two weeks prior to your belt test. Practicing each kata 3 times each takes about 10 minutes. Practice on non-karate nights for best results.
- You are expected to know all kata requirements at least two weeks prior to your test.
- NOTE There are two parts to this belt test. Sparring requirements are done during your regular class time. Individual (kata) requirements are completed on a separate day and must be booked in advance.