

## Sr. Orange Belt Requirements

### Stripes

- 1.) Shadow Boxing
  - 🕒 1 minute of shadow boxing
  - 🕒 Must show good footwork (bouncing/ moving left to right)
  - 🕒 Must show good defensive posture (hands up in guard position)
- 2.) Heavy bag
  - 🕒 Stop heavy bag with a side kick
- 3.) Kicks
  - 🕒 Jump front kick
  - 🕒 Jump side kick
  - 🕒 Jump round kick
- 4.) Demonstrate **IMPROVED** orange belt sparring combinations
- 5.) Demonstrate **IMPROVED** form

**Testing for Green Belt is \$35.00**