

TESTING FOR BEGINNING ORANGE	
General	Define "Attitude"
	Control the Attack
	Define and show "Posture"
	Know the H-W-D of the Prepared Postition
Questions	What is the "Magical Angle?"
	What are the 4 "scopes" of your Training?
	What is it called when we turn on a designated base?
Sets	Blocking Set 1.5
	Striking Set 1.5
Forms	Short 2
Defenses	<i>Show base move. Use 2 to Defend.</i>
	1 Hammer Defense - High - Inside (HDHI)
	2 Hammer Defense - High - Outside (HDHO)
	3 Hammer Defense - Low - Inside (HDLI)
	4 Hammer Defense - Low - Outside (HDLO)
	5 Whipping Defense - High - Inside (WDHI)
	6 Whipping Defense - High - Outside (WDHO)
	7 Whipping Defense - Low - Inside (WDLI)
	8 Whipping Defense - Low - Outside (WDLO)
Type of Attack	Straight, Roundhouse, Hook
Angle of Attack	Front, Flank, and Rear
Moving In or Out	Moving in to the attack
Weapons	Knee (Top, bottom, Inside, Outside, Bend)
Kicks	Side / Round / Back
Targets	Eyes - Arm Pit - Tricep Tendon