

# LITTLE DRAGONS KICKBOXING

## 9th GRADE ORANGE BELT

### PUNCHES

Jab  
Reverse Punch  
Angle Jab  
Uppercut (front & rear)  
Hook (front & rear)  
Back Fist (front)  
Ridge Hand (front & rear)  
Over Head Hook (rear)

### COMBINATION

White Belt Yellow Tag  
Yellow Belt Blue Tag  
Blue Belt Green Tag  
Green Belt Orange Tag

### KICKS

Front Kick (front & rear)  
Round Kick (front & rear)  
Side Kick (front & rear)  
Hook Kick (front & rear)  
Axe Kick (front & rear)  
Jumping Front Kick (rear)  
360 Round Kick  
Spinning Hook Kick (rear)

### PAD WORK

Combination  
Holding the Pads

### KICK BUILDERS

White Belt  
Yellow Belt  
Blue Belt  
Green Belt  
Orange Belt

### BLOCK & COUNTER

Step Parry & Jab  
Step Inward Block  
Step High Block  
Step Single Palm Block

### SPARRING

Free Sparring

### THEORY

Hall Etiquette  
Training Code  
Techniques  
Theory of Power

### BREAKING

2 Breaks to get Belt

### ORANGE BELT KICKBUILDER

Left Fighting Stance Step Side Kick with the Front Leg (make sure leg is guarded)  
Stepping Down in Front with Left Fighting Stance (keeping guard up)  
Perform 4 Times moving forward then Spot Turn

Right Fighting Stance Step Side Kick with the Front Leg (make sure leg is guarded)  
Stepping Down in Front with Right Fighting Stance (keeping guard up)  
Perform 4 Times moving forward then Spot Turn

Left Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and  
Stepping Down in Front with Right Leg then Step Side Kick with the Front Leg Stepping  
Down Right Fighting Stance (keeping guard)  
Perform 2 Times moving forward then Spot Turn

Right Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg  
and Stepping Down in Front with Left Leg then Step Side Kick with the Front Leg Stepping  
Down Left Fighting Stance (keeping guard)  
Perform 2 Times moving forward then Spot Turn Finish.