



Advanced Orange Study Guide



Definitions

Parry: a riding force to re-direct

Cat: a transitional stance. (1) 45 degree cat is ready (2) 90 degree cat is not ready. A cat is used to cock the leg or foot to minimum, not maximum effective range.

Close Kneel: a forward bow dragged up and dropped

Shuffling: not considered part of a technique, it is used to gauge distance and make the technique work. The 3 main shuffles are Drag-Step, Step-Drag, and Push-Drag. Drag-Step & Step-Drag are 2 moves, Push-Drag is a single move. The Pull-Drag is also done but more as a category completion move.

Crane: one legged stance. The crane is used to kick or as an evasion move. The name, Right or Left, comes from the side closest to the opponent.

Orbital Switch: moving from one major angle to another without stopping or reversing

Point of Origin: The beginning, root, or source of any movement. The position or location of your body and natural weapons at the time action begins

Rules

Never pass the centerline without using the crane principle when applicable (striking) - If your hand is passing across their body, hit it along your path of travel and never chamber as a separate motion.

False travel - Motion you see or feel that really doesn't help or add to the effectiveness of a strike.

Always V-step in but never away - If you V-step away you expose your centerline. V-stepping in with a cat stance covers the centerline, lets you choose your line of entry, and gives you the option to kick

When working inside, cancel their height zone - it messes up their base and makes it harder for them to hit you.

When working outside, cancel their width zone - it keeps their back-up weapon away from you.

Anchor your elbows - When checking, craning, back-knuckling, etc. in a downward manner keep your elbows close to your body for leverage