



# Orange Belt Written Test



An example of a Standard Oppose is

- ☐ A - when your right leg goes forward your right arm goes back (like walking)
- ☐ B - the normal reason to get in a fight
- ☐ C - using your opponents motion to your advantage

Borrowed Reach is

- ☐ A - shuffling to get in range of the opponent
- ☐ B - throwing a weapon, such as a shuriken, when you can't physically reach your opponent
- ☐ C - using your opponents body reaction from a strike to move the next target within range

"Using your opponents motion to add power to your technique or moves" is

- ☐ A - the best known way to strike an opponent
- ☐ B - an angle of execution
- ☐ C - borrowed force

The Definition "to get away from your opponent and look around 360 degrees" is for

- ☐ A - a cross over
- ☐ B - a step through
- ☐ C - a cover out

In the technique 'Deflecting Hammer' the block uses an

- ☐ A - angle of deflection
- ☐ B - angle of incidence
- ☐ C - orbital cross over

Never move your \_\_\_\_\_ until you have \_\_\_\_\_

- ☐ A - head , a base
- ☐ B - feet , the grab
- ☐ C - centerline , the block



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An angle or position that gives stability to your stances and/ or strikes is a

- ☐ A - bracing angle
- ☐ B - angle of deflection
- ☐ C - cat stance

A stance is

- ☐ A - to move from one major line to another without stopping or reversing
- ☐ B - for beginners
- ☐ C - a frozen transition

Doing a right Punch then a right Rear Elbow is

- ☐ A - an example of opposing forces
- ☐ B - an example of reverse motion
- ☐ C - showing an angle of incidence

To avoid gaps when using contact manipulation

- ☐ A - never let go of one good grab until you have another good grab
- ☐ B - grab, disarm, cross over
- ☐ C - never let a minor grab cost a technique

A categorized library of techniques and/or basics to synchronize the upper and lower body to work together as a unit is the definition of

- ☐ A - Star block set
- ☐ B - a hand isolation
- ☐ C - a Kenpo form

Never \_\_\_\_\_ without checking as needed

- ☐ A - pass a body joint
- ☐ B - kick the front knee
- ☐ C - cross over



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# Answer Page

Remember, cheating never gets you anywhere. When your instructor or Mr. Planas is standing in front of you waiting for an answer, you better know this material!

Don't look until you're done with your test.

- |      |       |
|------|-------|
| 1. A | 7. A  |
| 2. C | 8. C  |
| 3. C | 9. B  |
| 4. C | 10. A |
| 5. A | 11. C |
| 6. B | 12. A |