



# Orange Belt Study Guide



## Definitions

**Cover out:** to get away from your opponent and look around 360 degrees. \*  
"Never do a step through before a crossover."

**Angle of Deflection:** hitting at or on an angle that causes a deflection or glancing strike.

**Bracing Angle:** angles or positions that give stability to your stances and/ or strikes.

**Stance:** a frozen transition.

**Reverse Motion:** returning on the same path of an initiated move.

## Rules

**Never let go of one good grab until you have another good grab:** as soon as you let go they'll try to pull away. Avoids gaps in contact manipulation

**Never move your feet until you have the grab:** lock onto them first then push, pull, sweep, throw...

**Never pass a body joint without checking** (as needed): it'll make you feel safer because you've hindered or nullified their ability to hit you

**Borrowed Force:** using your opponent's motion to add power to your technique or moves. Borrowed force always has borrowed reach, but borrowed reach does not always have borrowed force.

**Borrowed Reach:** using opponents reaction to a strike to decrease your range.

**Standard Oppose:** the leg and arm on the same side of the body going in opposite directions (like walking). Left leg forwards, Left arm to the rear.

**Rotational principal:**

**Counter Rotation:** your block/strike and torso are opposite.

**Direct Rotation:** your block/strike & rotation of your torso are the same

**Forms:** (1) categorized library of techniques and/or basics to synchronize the upper and lower body to work together as a unit. (2) does not represent a fight, it teaches the rules and principles of motion, that everything has an opposite and reverse, and gives you an example