



# Orange Belt Written Test



An example of a Standard Oppose is

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

Borrowed Reach is

- ☐ - shuffling to get in range of the opponent
- ☐ - throwing a weapon, such as a shuriken, when you can't physically reach your opponent
- ☐ - 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

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

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

- ☐ - a cross over
- ☐ - a step through
- ☐ - a cover out

In the technique 'Deflecting Hammer' the block uses an

- ☐ - angle of deflection
- ☐ - angle of incidence
- ☐ - orbital cross over

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

- ☐ - head , a base
- ☐ - feet , the grab
- ☐ - centerline , the block



# Orange Belt Written Test



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

- ☐ - bracing angle
- ☐ - angle of deflection
- ☐ - cat stance

A stance is

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

Doing a right Punch then a right Rear Elbow is

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

To avoid gaps when using contact manipulation

- ☐ - never let go of one good grab until you have another good grab
- ☐ - grab, disarm, cross over
- ☐ - 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

- ☐ - Star block set
- ☐ - a hand isolation
- ☐ - a Kenpo form

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

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