

Orange Belt: Orange represents the increasing power of the sun as it warms the earth, preparing it for the seeds new growth in the spring.
The orange belt student is starting to feel their body and mind open and develop.

Orange Belt Form - Do-San (24 Moves)

Move Number	Direction / Turn	Stance	Foot Technique	Hand Technique
Ready Stance "A"				
1	Left 90°	Left Front Stance		Left Outer Forearm Block
2		Left Front Stance		Right Middle Reverse Punch
3	Right 180°	Right Front Stance		Right Outer Forearm Block
4		Right Front Stance		Left Middle Reverse Punch
5	Left 90°	Left Back Stance		Left Double Knifehand Block
6	Step Forward	Right Front Stance		Right Spearhand Strike
7	Left 360°	Left Front Stance		Left High Backfist Strike
8	Step Forward	Right Front Stance		Right High Backfist Strike
9	Left 270°	Left Front Stance		Left Outer Forearm Block
10		Left Front Stance		Right Middle Reverse Punch
11	Right 180°	Right Front Stance		Right Outer Forearm Block
12		Right Front Stance		Left Middle Reverse Punch
13	Left 135°	Left Front Stance		Left Cross (X), Double Outer Forearm Block
14			#2 Right Front Kick	
15		Right Front Stance		Right Middle Punch
16		Right Front Stance		Left Middle Reverse Punch

17	Right 90°	Right Front Stance		Right Cross (X), Double Outer Forearm Block
18			#2 Left Front Kick	
19		Left Front Stance		Left Middle Punch
20		Left Front Stance		Right Middle Reverse Punch
21	Left 45°	Left Front Stance		Left High Block
22	Step Forward	Right Front Stance		Right High Block
23	Left 270°	Sitting Stance		Left Middle Knifehand Strike
24	Step Together, Right Steps Out	Sitting Stance		Right Middle Knifehand Strike