



Orange Belt Requirements

Techniques

- Back Kick
- Apbal Kick
- Skip Ax Kick
- Cut Kick
- Front Double Kick
- Padachugi

Combinations

- Fast kick– Round Kick– Back Kick
- Cut Kick-360 back Kick
- Skip Ax Kick-Front Double Kick
- Round Kick Nadabon-Nadabon

Sunset Form

1. Chareyut– Attention
2. Choon-bee
3. Step forward with Right Leg into Fighting stance
4. Left Round Kick
5. Right Round Kick
6. Skip Back Left Padachugi
7. Right Round Kick
8. Left Round Kick
9. Skip Back Right Padachugi
10. Cover Punch
11. Left Round Kick
12. Pull the right foot back and Face the left side Left Fighting Stance
13. Left Fast Kick
14. Right Left Double Kick
15. Turn Head 180° Right Leg in Front Fighting Stance
16. Right Fast Kick
17. Left Right Double Kick
18. Step the Left front in and face the back of the room Fighting stance
19. Repeat steps 3 through 18 with the opposite legs



1
Left Round Kick



2
Right Round Kick



4
Left Round Kick



5
Right Round Kick



6
Left Round



7
Slide Back Fighting Stance

8
Right Round Kick

3
Slide back Fighting Stance



Sunset Form Part 1

