



Step the Left foot Forward

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Sunset Form Part 2

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Orange Belt Requirements 2

Techniques

- Hook Kick
- Draw back Apbal Kick
- Skip round kick Kick
- Cut Kick
- Apbal Double Kick
- Exchange 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 Part 2

1. Step forward with Left Leg into Fighting stance
2. Right Round Kick
3. Left Round Kick
4. Skip Back Right Padachugi
5. Left Round Kick
6. Right Round Kick
7. Skip Back Left Padachugi
8. Cover Punch
9. Right Round Kick
10. Pull the Left foot back and Face the Right side in Fighting Stance
11. Right Fast Kick
12. Left Right Double Kick
13. Turn Head 180° Left Leg in Fighting Stance
14. Left Fast Kick
15. Right Right Double Kick
16. Step the Right front in and face the back of the room Fighting stance



Step the Left foot Forward into Fighting Stance

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Right Round Kick

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Left Round Kick

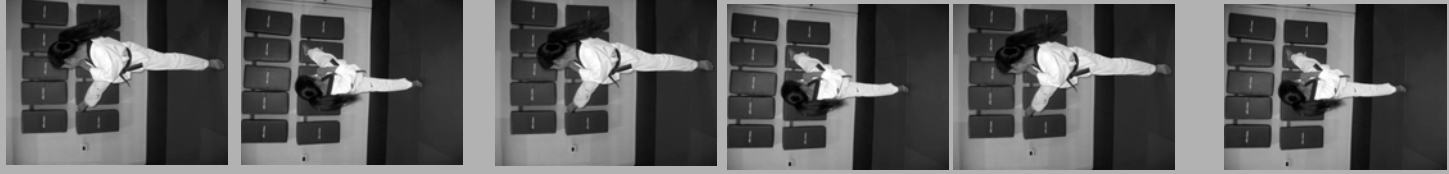
22

Right Round Kick



23

Slide Back Fighting Stance



17

Right Round Kick

18

Left Round Kick



19

Slide back Fighting Stance

24

Left Round Kick



Sunset Form Part 2

