

Monroe County Martial Arts  
Orange Belt

**Kicks**

front  
half-moon  
roundhouse  
side  
inside crescent  
outside crescent  
backside  
jump front  
back crescent

**Hand Techniques**

horse stance-triple punch  
low block  
high block  
inside block  
outside block  
palm heel  
ridge hand  
inside knife hand

**Forms**

Palgue 1  
Palgue 2

**Self-Defense (ages 16 and up)**

choke from front  
choke from rear  
mounted choke  
front hair pull  
rear hair pull  
front bear hug-arms pinned

Training Time: 3-4 months (2-3 classes per week)

Test fee: \$40