

Maryland Professional Karate Association

Orange Belt

Advanced Chinese Weapons

1. Thumb Chop
2. Finger Flick
3. Eye of the Phoenix
4. Thrusting Spear

Blocks

1. Double Hammer Fists
2. Outward Chop Block

Kicks

1. Spinning Back Kick
2. Crossover Kick
3. Crescent Kick
4. Ball Thrust
5. Chicken Kick
6. Dragon Heel
7. Wheel Kick

Katas

1. Blocking Form
2. Finger Set
3. Three Star Hit
4. Riding Horse & Mirror Image

Must Perform Ukemi

1. Roll Forward Fighting Position
2. Roll to Kick
3. Back Fall
4. Side Roll (pushup)
5. Back Roll Fighting Position

Throws

1. Pull Down
2. Outside Leg Sweep
3. Hip Throw (from set position)
4. Drop Shoulder

Advanced Throws

1. Spinout to Trip
2. Move Under to Armlock
3. Foot Block Throw
4. Turn Around Wrist Break

Techniques

1. Thundering Hammers
2. Eye of the Phoenix
3. Five Swords
4. Crushing Hammer
5. Crashing Wings
6. Grip of Death
7. Locked Wing
8. Circling Wing
9. Obscure Wing
10. Twirling Wings
11. Crossing Talons
12. Lone Komona
13. Clutching Feathers
14. Striking Serpent
15. Thrusting Prongs