

Orange Warrior = 28 Classes



Stances:

Forward stance moving
Saddleleg stance moving
Ready
back stance
fighting stance

Terms:

Sensei
Dojo
Hajime
Yame
Yoight
Kia
Counting to 10 in Japanese
karate
Ghi

Mat Work:

Falling ability
Forward roll
shoulder roll

blocks, punches, kicks (basics but more crisp)

****Must have earned exercise, listening, respect, stretching, falling, attention patches**