



# Orange Belt Technique Analysis

## #1: Beheading the Dragon

### Attack:

Outside a left straight punch

### Web of Knowledge Grouping:

Straight Punches

### Theme:

Using leg checks and stance changes coordinated with strikes

### Primary Stances:

Right Neutral Bow  
Right Forward Lunge Stance

### Primary Blocks/Checks:

Right inward block  
Left upper zone check  
Left waiter-hand check  
Left lower zone pinning check  
Left and right knee checks

### Primary Strikes:

Right back knuckle strike  
Right inward sword hand

### Important Concepts:

Alternating Zones - General rule is to strike different zones, or alternate zones to get “rocking” effect.

Check height zone (w/knee check)  
Check height /width/depth zone (lower zone pinning check)  
Anchoring elbow (waiter-hand check)  
Mass in motion (shuffle/back knuckle)  
Marriage of gravity (right inward hand sword)

### Related Techniques:

Gathering the dragon  
Repeating hammers



# Orange Belt Technique Analysis

## #2: Escaping Ram

### Attack:

Rear bear hug escape

### Web of Knowledge Grouping:

Holds

### Theme:

Using alternative parts of the body as weapons

### Primary Stances:

Attention stance  
Right neutral bow

### Primary Blocks/Checks:

Left low guard and right high guard while heel kicking

### Primary Strikes:

Head butt  
Butt bunk  
Right heel kick

### Important Concepts:

Alternating Zones - General rule is to strike different zones, or alternate zones to get "rocking" effect.

Opposing Forces - Thrusting hands forward while thrusting the butt back

### Related Techniques:

Escaping Wings



# Orange Belt Technique Analysis

## #3: Thrusting Release

### Attack:

Front bear hug escape

### Web of Knowledge Grouping:

Holds

### Theme:

Alternating high/low attacks, differentiating a thrust vs. a snap kick

### Primary Stances:

Forward bow

### Primary Blocks/Checks:

Right and left guard while kicking

### Primary Strikes:

Head butt

Knee strike

Double heel-palm strikes

Thrusting ball kick

### Important Concepts:

Alternating zones - General rule is to strike different zones, or alternate zones to get "rocking" effect.

Opposing forces- heel palms /stepping into forward bow

Mass in motion- thrusting kick

### Related Techniques:

Clapping Tiger



# Orange Belt Technique Analysis

## #4: Returning Serpent

### Attack:

Inside a right straight or roundhouse punch

### Web of Knowledge Grouping:

Punches

### Theme:

Using a ricocheting block and striking to alternating zones

### Primary Stances:

Right neutral bow

Right forward lunge stance

### Primary Blocks/Checks:

Right circular inward block

### Primary Strikes:

Right back knuckle strike

Left rear hand punch

### Important Concepts:

Alternating zones - General rule is to strike different zones, or alternate zones to get "rocking" effect.

Mass in motion- shuffle/ rear hand punch

Opposing Forces- whipping the second back knuckle WHILE re-cocking the punch

Ricocheting -- a ricocheting block with the back knuckle strike

### Related Techniques:

Crenshaw High Five

Dropping the Storm



# Orange Belt Technique Analysis

## #5: Deflecting Thunder

### Attack:

Inside a right ball kick

### Web of Knowledge Grouping:

Kicks

### Theme:

Using a mass in motion to add power to a strike; stepping through with a strike.

### Primary Stances:

Right neutral bow  
Right forward lunge stance  
Left neutral bow

### Primary Blocks/Checks:

Left downward block  
Right high check (with block)  
Left high and low hand checks

### Primary Strikes:

Right ball kick  
Right forearm strike

### Important Concepts:

Checking height/width/ depth zones - left front hand check after block

Mass in Motion- after kick re-cock --shuffle into forearm strike

Alternating Zones - General rule is to strike different zones, or alternate zones to get "rocking" effect

### Related Techniques:

Thrusting Salute  
Inside the Storm



# Orange Belt Technique Analysis

## #6: Thunder and Lightning

### Attack:

Inside a left straight or roundhouse punch

### Web of Knowledge Grouping:

Punches

### Theme:

Teaches parry/block combination and point of origin striking

### Primary Stances:

Right neutral bow  
Right cat stance

### Primary Blocks/Checks:

Left inward parry  
Right extended outward block  
Left extended check  
Left check to face

### Primary Strikes:

Right snapping front ball kick  
Right front hand punch

### Important Concepts:

Alternating Zones - General rule is to strike different zones, or alternate zones to get "rocking" effect

Mass in Motion - shuffle into front hand punch

Point of Origin Strike - Initiate strike from current position of the weapon without precocking (shoot front hand punch from position of extended outward block.)

Torque—adding rotational force to a strike

### Related Techniques:

Raking Hammer  
Triple Kick  
Sword of Destruction