

Extreme HEET Orange Belt Requirements

Stances

Horse stance

Blocks

Turtle block

Thigh block

Kicks

Roundhouse kick in horse stance

Side kick in horse stance

Strikes

Jab in fighting stance

Straight cross in fighting stance

Backfist in fighting stance

Breakfalls

#4 Jumping and landing on side

#5 Landing face down

Takedowns

Hip throw with knee drop and stamping kick

Hold Escapes

Double rear arm pin

Bear hug over the arms from rear held high

Bear hug over the arms from rear held low

Bear hug under the arms from the rear

Bear hug over the arms from the side

Grappling / Ground defense

Bulldozer (Bulldozer Walk and Crazy Roll)

Combination (start quick hug, transition to mount, spider hands/swim, bulldozer walk)

Vision

Student will write a paragraph on the what the word PERSEVERANCE means to them. They must also provide a personal example.