

ORANGE BELT ORIENTATION

What you need to know before you can wear your Orange Belt!

WHAT IS ORIENTATION?

Explanation of Orange Belt Standards & Requirements! Overview of what we've done in White/Yellow Belt. At the end you must decide if you want to make that commitment to work your Orange Belt with an attitude to improve.

TO COMPLETE ORANGE 4TH, ALL STANDARDS & REQUIREMENTS MUST BE ACCOMPLISHED! MUST COMPLETE PURPLE BELT ORIENTATION.

WHEN YOU GO FROM ONE BELT TO ANOTHER -- WHAT DOES THAT MEAN TO YOU?

(progress and overall improvement)

A really good Orange Belt, is an improved White/Yellow Belt. That means doing everything BETTER - BETTER Attitude in practice, BETTER Stances, BETTER Blocks, BETTER Concentration, BETTER Respect, etc.

GETTING BETTER AND DOING BETTER

One of the most important parts of progress in your Orange Belt is to improve your basics in your White/Yellow Belt material. The White/Yellow Belt material is the foundation you will continue to build upon (Like building a house needs a good strong foundation). A big part of Orange Belt is getting physically stronger, mentally stronger, and improving your balance and stability.

Mr. Ito has developed a system. If you will commit yourself to a better attitude of more practice to improve everything you have learned so far, and everything you will learn in the future through the Orange Belt drills and exercises, you will develop more power, you will have better balance, and you will have better form. You will also develop better concentration and an overall better performance. You will then be on your way to a Purple Belt practice.

BELT LEVEL REQUIREMENTS

WHITE/YELLOW BELT

UKE Orientation

1 Tournament Participation Per Stripe Test

ORANGE BELT

Jo/Staff Level I

Technical Conditioning Level I

1 Tournament Participation Per Stripe Test