

Orange Segment

Hints:

This segment is symmetrical.

This form completes the cross pattern that the White, Yellow and Orange segments create. After completing these three segments you will have traveled the shape of a large cross on the ground. These segments represent the cross that Jesus died upon for our sins.

Dojang Definitions:

Segment: A segment is one part of a form.

Form: Forms are segments put together. Orange belt FORM would include White, Yellow, and Orange segments performed together.

1. Right foot steps forward into right front stance, X block low, twin outer forearm block. Right jump front kick, land in right front stance, right low block, right outer forearm block, left palm heel strike.
2. Left foot slides forward to meet right foot, hands in "cup and saucer" position, right side kick land in middle stance, right back fist and kiup!
3. Right and left feet reposition into left front stance facing left (that is the direction you just came from), X block low, twin outer forearm block. Left jump front kick, land in left front stance, left low block, left outer forearm block, right palm heel strike.
4. Right foot slides forward to meet left foot, hands in "cup and saucer" position, left side kick, land in middle stance, left back fist and kiup!