

5th Kyu — Orange Belt

INTERMEDIATE GRADES | Technical examination standard

Objective

Defensive boxing and intermediate striking.

Required techniques

Rear back kick; lead hook kick; lead axe kick: roll; slip/counter; defensive pivot; head/body targets.

Mandatory combinations

- Jab–Cross–Lead Hook–Rear Uppercut
- Jab–Cross–Slip–Cross
- Lead Hook–Cross–Lead Hook–Roundhouse
- Jab–Cross–Pivot–Lead Hook
- Front Kick–Cross–Lead Hook–Roundhouse
- Parry–Cross–Lead Hook
- Axe kick–Jab–Cross

Defensive application

Parry/counter; slip/counter; roll/counter.

Practical examination

Seven combinations; 3 × 2-minute pads; five counters; controlled partner work.

Knowledge and conduct

Boxing range and counterattack principles.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.