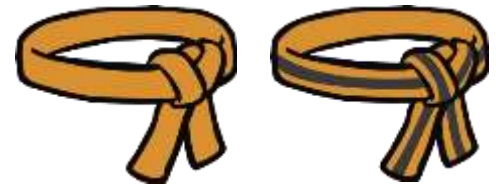


FAMILY BASIC ORIENTATION CLASS

TESTING FOR: ORANGE BELT OR 2ND DEGREE ORANGE BELT



- **ONLINE STUDENTS ONLY - How to film:** make sure your entire body is visible from head to toe at all times with clear lighting. Film from shoulder height of the student from the front. You may have someone read out the prompts to you. After filming, please upload your video to YouTube (as an unlisted video) -or- to Google Drive, and send or share the link to homework@nkfa.ca.

FITNESS	<ul style="list-style-type: none"> ○ 12 PUSH – UPS ○ 15 SIT - UPS ○ 20 Squats ○ 30 sec plank ○ 90 Second Horse Stance
KUNG FU FOUNDATIONS	<p>HOLD EACH STANCE FOR 10-15 SECONDS:</p> <ul style="list-style-type: none"> ○ Half Lotus Stance ○ Neutral Stance ○ Right Bow Stance ○ Attention Stance (With Yes Sir/Yes Ma'am) <p>GET INTO HORSE STANCE:</p> <ul style="list-style-type: none"> ○ Alternating Right/Left Chambered Punch x 10 ○ Alternating Right/Left High Block x 10 <p>GET INTO RIGHT BOW STANCE:</p> <ul style="list-style-type: none"> ○ Punch 1, Punch 2 x 10 ○ 6-Step Toe Kick with Left Leg x 10 ○ 6-Step Heel Kick with Left Leg x 10 ○ 6-Step Round House Kick with Left Leg x 10 <p>GET INTO LEFT BOW STANCE AND REPEAT</p>
VERBAL	<p>Student must stand at attention and recite the following:</p> <ul style="list-style-type: none"> ○ The 4 Laws of Concentration: <ol style="list-style-type: none"> 1. Focus Your Eyes, 2. Focus Your Mind, 3. Focus Your Body, 4. Focus Your Ears ○ Sifu's 3 Rules <ol style="list-style-type: none"> 1. Be Nice, 2. Pay Attention, 3. Have Fun ○ The 7 Magic Phrases of Respect Yes, Sir/No, Sir/ Yes, Ma'am/No, Ma'am/Please/Thank You/You're Welcome <p><i>Remember to practice, not only memorization, but also, speaking with CLARITY, VOLUME, & CONFIDENCE.</i></p>

- All curriculum can be found at www.niagarakungfumember.com, log-in, find your program, and look through your library. For questions call 905 357 9146 or email info@nkfa.ca.
- PLEASE BE SURE ALL HOMEWORK IS COMPLETED AND SENT TO HOMEWORK@NKFA.CA