

Orange Belt One Steps
"Manners"

#1 Courtesy. Something I show daily. Courtesy!

Left double outer forearm block and say courtesy

Left backfist and say something

Right reverse punch and say I

Step back and say show

Right round kick and say daily

Double step back with block and say courtesy

#2 Manners. I'm proud to use them. Manners!

Right double outer forearm block and say manners

Right round kick and say I'm

Right reverse punch and say proud

Step back and say to

Left side kick and say use them

Double step back with block and say manners

#3 Respect. Parents deserve it always. Respect!

Left double outer forearm block and say respect

Right reverse punch and say parents

Left punch and say deserve it

Left side kick and say always

Double step back with block and say respect