



Preparing to Test for Orange Belt

This document provides background, context, and expectations to help you prepare for your orange belt test. Reach out to your mentor or sifu with any questions.

Prepping for your test

When you have been asked to test for Orange belt, we expect that you will attend classes consistently during the time leading up to your test so that you are well prepared. We also expect that you'll take advantage of the other training opportunities made available to you including white belt mentor classes, special test prep classes, self training, and training time with your Sifu. Communication with your Sifu is key if you anticipate any schedule conflicts with these prep sessions prior to your test. We encourage you to get together with your fellow belt testers to self train and review material. You can reach out to our Business Manager, Josie josie@sevenstarwomenskungfu.com , if you would like to schedule time at the kwoon to self train. Use our [space rental calendar](#) to determine availability.

White Belt Curriculum

Below is a list of material you may be tested on during your orange belt test. Contact your Sifu, your mentor, or any of the teachers if you have questions. You can also refer to your mentor page for belt requirements.

Basics

All of the white belt stances, kicks, strikes, and blocks. Refer to our [Basics Handout](#) for more information. You will be asked to demonstrate your basics with partners, on pads, and in combinations across the floor. (Note: on the basics handout, you'll want to refer to the first section on each page delineated as "Orange Belt")

Forms

- Katas 1 - 3
- Pinyons 1, 2
- (Pinyon 3 optional)

Punch Attacks/Grab Arts

- PA's 1 - 3
- GA's 1 - 2

- You may be asked to make up punch attacks and demonstrate your knowledge of receiving punch attacks.

Sparring Principles and Skills

Sparring Principles:

- Center line Cover (open vs. closed)
- Bridging the gap
- Constant Forward Pressure

Sparring Skills:

- Appropriate sparring targets
- Harmony sparring fundamentals: Making agreements and bowing out
- White belt sparring combination
- Use of fighting stances with knees bent and cover up
- Bridging the gap with a combination and getting out of range
- Strategies for dealing with constant forward pressure
- 1,2,3,4, sparring exercises/drills
- Demonstrating redirecting as well as stop blocks
- Demonstrating an understanding of different contact levels and kiai'ing when hit
- Offensive/defensive sparring

Self Defense Skills

You will be tested on your understanding of self defense concepts and your ability to get out of various self defense grabs (including self defense from the ground and 2-on-1 self defense). See this document for more info: [SD expectations by belt level](#).

History

At the end of your orange belt test, you will be asked history questions while you stand in horse stance (practice that horse stance!). We have prepared a [history handout](#) that summarizes almost everything you need to know history-wise for orange belt including: your lineage, Seven Star's founder and year, the founders of Kajukenbo and the martial art they contributed, when Kajukenbo was founded and where. You are not expected to memorize all of this. You will also be asked to share something you learned about women or nonbinary/gender fluid people in the martial arts in ancient or modern times--(you research this on your own). We have some additional resources available on our [student resources page](#).

Orange Belt Test (Day of)

On the day of your test, you should arrive early to stretch, warm up, and set up the kwoon for the test. If you have never opened up the kwoon on your own, please talk to your Sifu about the

door code and general protocols. Test setup includes setting up the tables/chairs for the board, pulling out chairs, benches and mats for participants/spectators, and opening up windows, etc. For a full listing of the day of “etiquette,” please refer to this [test etiquette guide](#). You will be expected to stand in your best set position during the beginning Q&A section of your test, and horse stance at the end of the test (history section). You will be given breaks throughout the test (typically at transitions between sections of the test). If you need water or you need to use the restroom, ask permission from the board before walking off of the test/training floor. We’ll also ask you at the beginning of the test if you have any injuries or considerations that will require modifications, so that we can adjust our test plan to accommodate your health and safety needs.

How long will the test last?

About 2.5-3 hours depending on the number of students testing. Following the test, there will be a belt promotion ceremony, feedback and celebration (potluck).

What does an orange belt test look like in Covid-times?

As of May 15, 2023, our testers can be unmasked during their test if they so desire provided you take a Covid test prior to and the morning of the test. All participants and observers at the test will remain masked. This is subject to change based on local/King County Covid numbers. If you opt to remain masked, we recommend you bring a couple of masks with you to the test (Seven Star also provides them). You will be given water breaks throughout the test, however, speak up if you need a quick break to change your mask or to get a moment of air outside. We assume testers will be able to give and receive contact throughout the test.

Can I ask my friends and family to come and watch?

Each tester may be able to invite a few guests to the test as long as all of the testers agree to it. Please speak up if you’re uncomfortable with this! We may also have to make a judgment call (the test board) to limit friends/family to facilitate more space and air for participants to attend. This is a moving target given Covid-considerations and local/state health guidelines. Your test board will finalize these details with you as you get closer to your test date.

What to bring to your test:

- At least two masks
- Wear the Seven Star uniform if you have it: black pants or leggings, a Seven Star t-shirt if you have one (it’s ok if you don’t!)
- Training shoes if you wear them
- Water/electrolyte drink(s)
- Make sure you have eaten beforehand, especially if it is a morning test
- Snacks for the test board and yourself
- A positive attitude. You are going to do great!

What are we looking for at an Orange belt test?

Your Sifu is looking for a student's ability to stand up, complete the test, and do their best. You have spent many hours learning this material. There's a lot of it. An orange belt is an acknowledgement of all of the work you have put into your training since you signed up for the Beginner's Cycle. It is also an opportunity for the test board to watch you and give you constructive feedback about your art. It is a gift to have 3-4 of our teaching staff watching you test and writing down feedback for you to layer into your subsequent training as an Orange belt.

Do we need to provide food for the board members?

You are not required to cater your test! However, it has become a tradition to provide small finger food type snacks for the test board (such as fruit, nuts, crackers, chocolate, etc.). You can ask your WB Mentors, Katie and Narisa, or any student you feel comfortable asking, about what to bring for your test.

Do we need to provide a gift for the kwoon?

Often testers give a gift to the kwoon, but it's not necessary or required. It's totally appropriate to pool your resources, and give one gift from the group that is testing. Gifts can be small or large, physical or "work-related". We have a list of projects we'd like done around the school, and that can be another way to demonstrate your appreciation for the school. Ask Sigung Michelle sifumichelle@sevenstarwomenskungfu.com for the current wish list.

Have fun and be proud of yourself!

We don't want our testers to feel overwhelmed and obliged to bring gifts and food. We'd like you to focus on taking care of yourself, and preparing for your test. We are not looking for perfect memory, highly refined skills, perfect stances, etc. This is your first time testing at Seven Star! That, in and of itself, is a major personal accomplishment. All we ask is that you try your best. We'll give you hints and reminders if you need them. Just keep moving if you get stuck. Don't be hard on yourself. Have a good attitude and know that you would not have been asked to test if we didn't believe you could do it. You're going to do great and we are so proud of you for deciding to test and continue your martial arts journey at Seven Star.