
Coszacks Elite



Defense System

Master Brad M Seward

Fifth Degree Black Belt

BASIC ORIENTATION

1. **Please Read The School's Brochure;** it contains information regarding promotions, private lessons and general class information.
2. **Class Agenda** (Usually as follows)
 - a. Instructor Calls Class To Order... (Ki o tsuke = kess kay)
 - b. Group stretching (Class lined up by rank)
 - c. Students are paired up for Kumite (sparring) exercises.
(Beginners will be taught techniques during this time)
 - d. Instructor will end sparring and provide a brief break.
 - e. Instructor will bow the group in for instructional portion of class.
 - f. Class will be divided by rank for instruction on kata, judo, attacks, or whatever topic is being covered for that given class.
 - g. Instructor calls for end of class. Students return to original formation.
 - h. Questions and breathing exercises (Ohara)
 - i. Class will bow and be dismissed.
3. **Class Protocol:**
 - a. Always address a black belt as SENSEI. Answer question as "yes sensei" and "no sensei." This is a sign of respect. Assistant instructors (brown belts) are addressed as "sir" or "ma'am."
 - b. Profanity and/or lewd conduct are not tolerated and will result in the student's dismissal.
 - c. Horseplay is not permitted before, during or after class. Use this time to practice alone or in small groups. (Stay off fitness center equipment.)
 - d. Uniforms and Sparring Equipment should be clean and free from foul odor.
 - e. All students are expected to maintain good personal hygiene practices such as bathing deodorant, etc. It is a must that finger nails as well as toe nails are trimmed.
 - f. Talking during class is not permitted. If you need to comment you will get permission from the instructor first.
 - g. Students are to show respect to instructors as well as each other at all times.
4. **Promotions:** Each student is responsible for downloading their promotion requirements from www.coszacks.com under the downloads section. The sheets online cover all requirements for each promotional rank. When a student feels they know the material required they may ask an instructor to be evaluated for promotion eligibility. (This does not mean that the student has been shown all the material. It means that the student is able to perform the material without instruction)

EIGHT BASICS OF SELF DEFENSE

1. **ATOM:** The Beginning
2. **MOTIVE:** The Reason Why
3. **THOUGHT:** The Thinking Process
4. **MOTIVATION:** The Action Of Thought
5. **PROJECTION:** Hand And Feet Techniques
6. **FOCAL POINT:** Center of Concentration (Also “Target Area”)
7. **CONCENTRATION:** 100 Percent of Thought On The Focal Point
8. **CONTROL:** Control Over Oneself And The Other Seven Basics

THE MORE EXPERIENCE YOU HAVE AS A MARTIAL ARTIST, THE FASTER THE EIGHT BASICS WILL OCCUR. THE EIGHT BASICS WILL OCCUR IN LESS THAN A SECOND IN THE EXPERIENCED MARTIAL ARTIST.

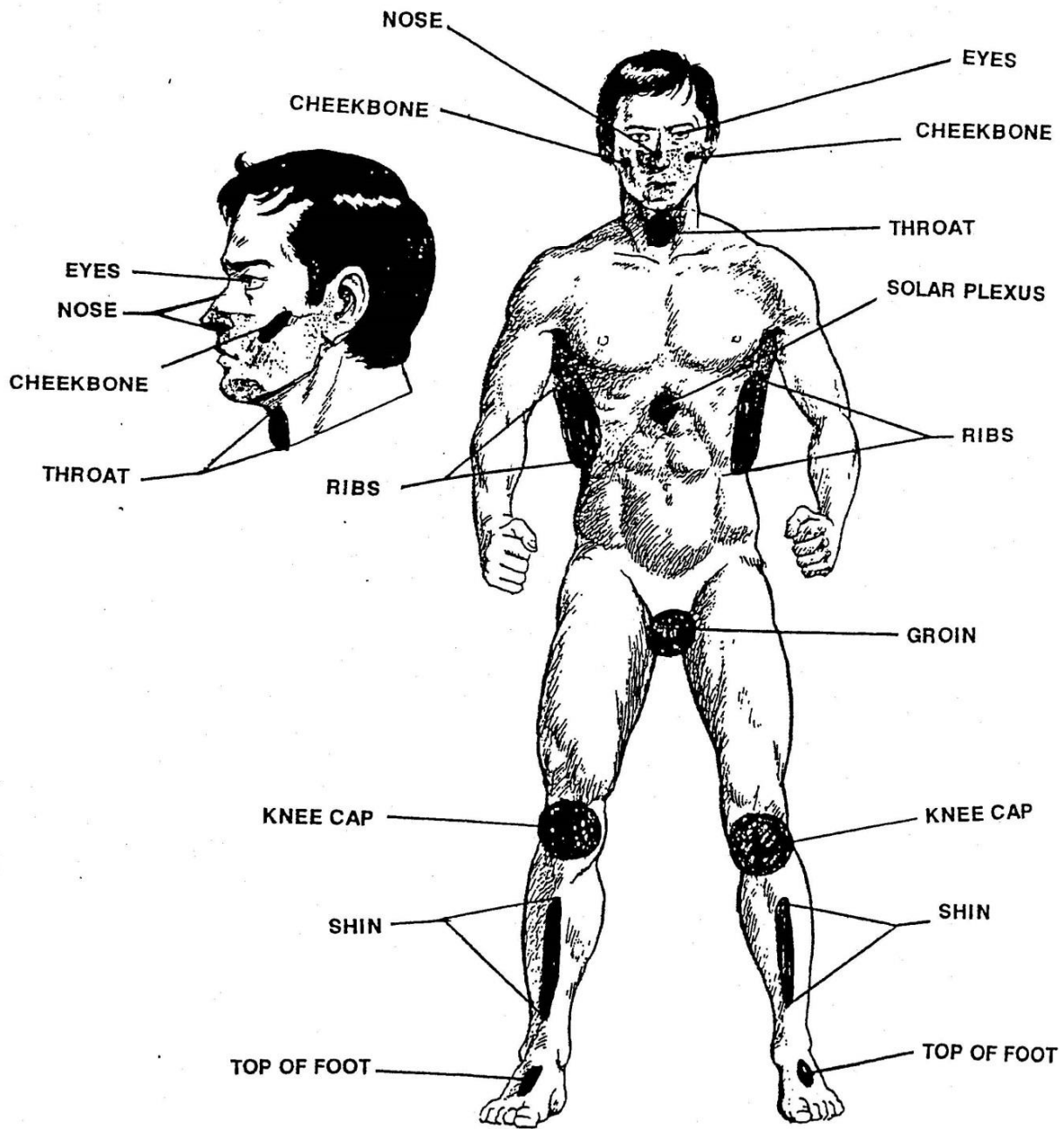
KARATE AND TAE KWON DO STANCES

- 1. NATURAL STANCE/ CHUMBI:** Feet spread width of shoulders, knees straight but not locked. Fists relaxed with palms facing towards the body. This is a relaxed stance. Used when an instructor is talking and before kata.
- 2. WIDTH OF BALANCE:** Feet shoulders width and facing forward with knees bent. Arms pulled back with fists by sides. Great stance for learning and practicing techniques. Strong, balanced stance.
- 3. HYPER-EXTENSION/ SADDLE LEG:** Feet spread beyond shoulders width (approximately 2x). Knees bent with fists pulled back to sides. Great for lowering your center of gravity and attacking and defending to the side. This stance is also referred to as “Riding Horse Stance.”
- 4. HOURGLASS:** This is an awkward stance used in katas and other exercises. Feet are shoulders width with toes facing each other and heels turned out. Knees are directed inward towards each other. (Effective in blocking techniques to the groin)
- 5. STRAIGHT or POINT of BALANCE:** Feet together with very little bend in knees. (Weak stance for balance but you gain height)
- 6. CROSS “T”:** 45 Degree stance where the back foot is pointing straight forward and front foot is turned 90 degrees away from the back foot with heel in the arch of the back foot. Weight evenly distributed with knees slightly bent.
- 7. CAT:** Similar to the Cross T stance with front foot extended out and on the ball of your foot (heel off ground). 75 Percent of the weight is on the back leg with hip dropped to compensate for balance.
- 8. FORWARD STANCE:** Deep stance used in kata to accentuate the “point of impact” in a fight. Feet shoulders width and front leg extended out and knee bent to 90 degrees. Rear leg locked tight with back heel rooted into the ground for power. Shoulders square with the hips and centered above body. 70 percent of the body weight is on the front leg. (you should not be able to see the toes on your front leg)
- 9. BACK STANCE:** Feet extended out from each other. Front foot facing forward, back foot perpendicular to front. Both heels in line with each other. (if brought together would make an “L”) Both knees bent. 60 percent of the weight on the back leg.

BASIC TERMINOLOGY:

1. **FACIAL AREA:** Chin, Mouth, Cheeks and Nose Area.
2. **KARATE:** open handed or weaponless.
3. **JUDO:** The art of using leverage to throw your opponent.
4. **TAE KWON DO:** Modern Korean art similar to Karate with strong emphasis on kicking
5. **SENSEI:** (sin say) Instructor or Teacher
6. **DOJO:** (doe joe) The place where martial arts is practiced, school, gym, etc
7. **DECK:** The surface martial arts is practiced on
8. **GHI:** (gee) Martial Arts Uniform
9. **KI O TSUKE:** (kess kay) Stand at attention or Feet Together, Japanese
10. **CHARYOT:** (Char ee ot) Stand at attention or Feet Together, Korean
11. **YOICH:** (Yoit) Ready
12. **KATA/ POOMSE:** Form, series of movements put together to practice martial arts
13. **KIAI:** (Kee Eye) Yell or Shout
14. **OHARA:** (Hair uh) Breathing Exercises
15. **KUMITE:** (Cue Me Tay) To fight or Spar
16. **HAJIME:** (Ha Jim ay) Begin or Start
17. **YAME:** (Ya May) Stop or end
18. **REI:** (ray) Bow with respect, Japanese
19. **KYONGRYE:** (Kun yeah) Bow, Korean
20. **CHI:** (Chee) Inner Strength
21. **ICHI:** (Itche) one
22. **NI:** (knee) two
23. **SAN:** (Sawn) three
24. **SHI:** (Shee) four
25. **GO:** (Go) five
26. **ROKU:** (Row Koo) six
27. **SHICHI:** (Seech) seven
28. **HACHI:** (Ha She) eight
29. **KU:** (koo) nine
30. **JU:** (jew) ten
31. **JU ICHI:** Eleven
32. **JU NI:** Twelve
33. **NI JU:** Twenty
34. **NI JU ICHI:** Twenty one
35. **HYAKU:** (Yaa Koo) One Hundred
36. **HYAKU ICHI:** One Hundred and one
37. **HAI:** (Hii) Yes
38. **LIE:** (Lay) No
39. **MOSHI:** (Moe She) Hello
40. **ARIGATO:** (Are ee ga toe) Thank You, Domoarigato Thank You Very Much

TEN BEST STRIKING AREAS



FEET TECHNIQUES

1. Front Snap Kick
2. Side Snap Kick
3. Back Kick
4. Power Kick
5. Round House Kick
6. Wheel Kick
7. Knife Kick
8. Butterfly Kick
9. Hook Kick
10. Fade Away Kick
11. Jump Front Snap Kick
12. Crescent Kick or
Reverse Power
13. Flying Side Kick
14. Jump Crescent Kick
15. Jump Spin Crescent Kick
16. Spin Back Kick
17. Spin Side Kick
18. Reverse Round House
19. Stomp Kick
20. Axe Kick
21. Double Jump Kick

HAND TECHNIQUES

1. Front Reverse Punch or
Straight Punch
2. Front Back Fist
3. Front Side Back Fist
4. Side Back Fist
5. Side Front Back Fist
6. Front Hack
7. Front Side Hack
8. Shuto
9. Palm Hand
10. Hammer Strike
11. Reverse Hammer Strike
12. Ridge Hand
13. Front Elbow
14. Front Side Elbow
15. Side Elbow
16. Back Elbow
17. Knife Hand
18. Spear Hand
19. Heart Punch
20. Knuckle Punches
21. Thumb Punch
22. Thumb Knuckle Punch
23. Web Hand
24. Claw Hand

BLOCKS

1. High Sweeping
2. Low Sweeping
3. Horizontal Hold
4. Vertical Hold
5. Cross
6. Cross Hack
7. Knee
8. Palm Hand
9. Reverse High Sweeping
10. Reverse Low Sweeping
11. Shorin Ryu High Block
12. Shorin Ryu Low Block

STRIKING AREAS

1. Nose
2. Cheek Bones
3. Jaw
4. Chin
5. Eyes
6. Throat Pit
7. Neck
8. Collar Bone
9. Mouth
10. Temple
11. Ears
12. Back of Neck
13. Side of Neck
14. Solar Plexus
15. Ribs
16. Kidneys
17. Spine
18. Groin Area
19. Knee Caps
20. Shins
21. Top of Foot
22. Under Chin
23. Heart
24. Joints
25. Axillary Area (Arm Pit)

YELLOW BELT

approximately 2-3 months

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY AND STANCES

2. ESCAPES:

A. Bear hug (any one of 4)

3. JUDO:

A. Front Sweep

4. KATA:

A. Kata Ichi set Ichi Part A (First 14 Moves)

B. Tague I

5. HAND AND FEET TECHNIQUES;

A. Blocks 1-4

B. Hand Techniques 1-5

C. Foot Techniques 1-3

6. FRONT SIDE AND BACK ATTACKS

5 FROM EACH DIRECTION

7. BELT TYING: Student Must Be Able to Properly Tie Their Own Belt

8. COUNTING: 1-10 in Japanese

9. FOUNDER OF COSZACKS

10. EIGHT BASICS: Student Must Know that Atom, Motive, Thought, Motivation, Projection, Focal Point, Concentration and Control are the Eight Basics of Self Defense

KATA ICHI SET ICHI-A (KATA 1 SET 1-A)

PAGE 1 of 4

START: Bow, Ready Stance with Left arm extended to nose.

1. Rt F Punch to Solar Plexus. (KIA)
2. Rt 90d, Rt F Punch to Solar Plexus.
3. Rt 90d Rt F B Fist to Nose.
4. Rt F Kick to Groin. (KIA)
5. Rt 90d, Rt F Punch to Solar Plexus.
6. Rt 90d, Rt F S Hack to Side of Neck.
7. Lt F Kick to Solar Plexus.
8. Lt 90d, Lt Shuto to Throat Pit. (KIA)
9. Lt 90d, Lt F B Fist to Nose then Lt F S B Fist to Cheek.
10. Lt 90d, Lt F Punch to Solar Plexus.
11. Lt F Kick to Solar Plexus. (Bring Lt Punch back as you Kick)
12. Lt 90d, Lt S F B Fist to Nose.
13. Step forward with Rt Foot, Rt. F S Elbow to Jaw. (KIA)
14. Step even with Double S B Fist to Nose. (KIA)

KATA ICHI SET ICHI-B (KATA 1 SET 1-B)

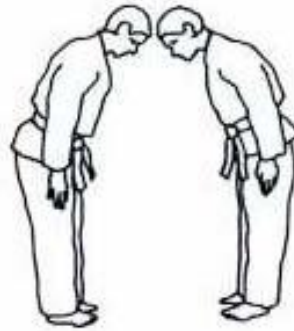
15. Lt Foot planted, Lt 180d, Rt F Kick to Solar Plexus then stepping down with Rt Foot Forward and hold Lt Punch to Nose. (KIA)
16. Step forward with Lt Foot and Rt Walking Punch to Solar Plexus.
17. Step forward with Rt Foot and Lt Walking Punch to Solar Plexus.
18. Step even with Rt F B Fist to Nose. (KIA)
19. Lt Foot planted, Lt 180d, Rt Foot forward with Walking Rt F S Hack to Side of Neck. (KIA)
20. Step forward with Lt Foot, Walking Lt F S Hack to Side of Neck. (KIA)
21. Step forward with Rt Foot, Walking Rt Shuto to Throat Pit.
22. Step even with Lt F Punch to Solar Plexus.
23. Rt Foot planted, Rt 180d, Lt Foot crosses in F of Rt with cross Hack Block in F of Face. (Hands crossed at wrist with Lt Hand in F of Rt)
24. Step into Width of Balance Stance with Rt Foot with Double F B Fists to Cheeks & Hold.
25. Step back with Lt Foot into Ready Stance.
26. Step even with Lt Foot with Double F Punch to Cheeks & Hold. (KIA)
27. Step forward with Lt Foot with Cross Hold Block in F of Face (Hands crossed at wrists with Lt Hand in F of Rt)
28. Step even with Rt Foot with Double F S Hacks to Side of Neck & Hold.
29. Hyper-extension Stance with Rt Leg with Double F Palm Hands to Jaw & Hold. (KIA)

KATA ICHI SET NI (KATA1 SET 2)

- (30) 1. Lt Foot planted, Lt 90d Rt S F B Fist to Nose. (KIA)
- (31) 2. Lt S Punch to Nose.
- (32) 3. Lt Foot planted, Lt 90d Rt Punch to Nose.
- (33) 4. Lt Foot planted, Lt 90d Rt S Kick to Solar Plexus. (KIA)
- (34) 5. Lt Foot planted, Lt 90d Touch Rt Foot down for balance, Rt Knee to Groin. (KIA)
- (35) 6. Rt 180d, Rt S B Fist to Nose at 45d angle behind you.
- (36) 7. Rt Foot planted, Rt 180d Lt Punch to Solar Plexus.
- (37) 8. Cross T with Rt Foot, Rt S B Fist to Nose.
- (38) 9. Lt Foot only Rt 90d, Rt S B Fist to Nose.
- (39) 10. Rt 180d, Rt F S Hack to S of Neck. (KIA)
- (40) 11. Rt Foot planted, Rt 90d into Hyper-extension with Lt S Punch to Solar Plexus. (Rt Fist is resting against own SP, palm up)
- (41) 12. Lt Foot planted, Lt 180d into Hyper-extension with Rt S Punch to Solar Plexus.(Lt Fist is resting against own Solar Plex., palm up)
- (42) 13. Lt S Snap Punch to Solar Plexus.
- (43) 14. Lt Foot planted, Lt 90d, Rt F S Punch to Nose.
- (44) 15. Cross T w/ Rt Foot, Lt F Hack 45d angle to Rt & Rt F Hack 45d angle to Rt. (Rt Hack goes over top Lt Hack as it comes Back)
- (45) 16. Step out of Cross T w/ Lt Foot, Double F Backfists to cheekbones & Hold. (KIA)
- (46) 17. Step Back w/ Lt Foot, bring both fist back to waist, palms up.
- (47) 18. Rt F Backfist to Nose.
- (48) 19. Lt F Snap Punch to Solar Plexus.
- (49) 20. Step even w/ Lt Foot & Rt F Snap Punch to Nose. (KIA)

KATA ICHI SET SAN (KATA 1, SET 3)

- (50) 1. Rt Knife Kick to opponents Lt Knee cap area. (KIA)
- (51) 2. Rt Foot planted, Rt 90d Lt S Kick to ribs.
- (52) 3. Rt B Hook Kick to Groin at 45d angle to Lt.
- (53) 4. Lt F Kick to Solar Plexus. (KIA)
- (54) 5. Lt Foot planted, Rt power Kick to S of Face turning Lt 180d.
- (55) 6. Rt Foot planted, Lt Reverse Roundhouse Kick to Facial Area, Turning Lt 270d. (#'s 5 & 6 done together also referred to as Wheel kick)
- (56) 7. Step forward on Lt Foot, Rt F elbow to Chin & Hold. (KIA)
- (57) 8. Step even w/ Rt Foot, Rt F Backfist to Nose.
- (58) 9. Rt Foot planted, Rt 90d w/ Double F Punch- Lt hand to Nose & Rt hand to Solar plexus palm up.
- (59) 10. Step forward on Lt Foot w/ Double F Punch- Rt hand to Nose & Lt hand to Solar Plexus.
- (60) 11. Step even w/ Rt Foot, bring hands together at level of Solar Plexus w/ closed fist grab.
- (61) 12. Step back w/ Rt Foot , Rt B Elbow to Solar Plexus , Keeping wrists together, while bringing Lt hand now over top of Rt hand. (KIA)
- (62) 13. Step even w/ Rt Foot, Double F Punch to Solar Plexus w/ wrists together, Rt hand now back on top. (KIA)
- (63) 14. Step into Hour Glass Stance, Double F Hook Punches to Cheek Bones.
- (64) 15. Rt Foot Planted, Rt 180d into Cat Stance w/ Lt Foot Forward.
- (65) 16. Sway Lt into Cat Stance, walking Rt Foot forward.
- (66) 17. Sway Rt into Cat Stance, walking Lt Foot forward.
- (67) 18. Sway Lt into Cat Stance, walking Rt Foot forward.
- (68) 19. Sway Rt into Cat Stance, walking Lt Foot forward. (KIA)
- (69) 20. Lt Foot & Body Rt 90d into "Bow" to Complete Kata.



“Oss,” the Karate Greeting

One doesn't have to be around a karate dojo very long before hearing this word pass between members. Students and instructors alike will commonly bow to each other upon meeting, or as class is about to begin, and say *oss*. But what exactly does it mean?

In Japanese the word *oss* is written as a two-character combination. The first character means “to push,” and the second means “to suffer.” Together they symbolize the importance of pushing, striving and persevering while suffering through whatever difficulties, pains and hindrances are encountered along the way. So, at the literal level, *oss* is simply an affirmation of the positive attitude, high spirits and refusal to quit that all karate people seek to develop as they train. On a deeper and more general level it might be translated as “keep the faith,” in the sense of karate philosophy and goals. And, finally, it serves as a greeting expressing warm respect and friendship, the Japanese equivalent of a warm handshake.

Sometimes students who do not clearly understand the meaning of this word will use it incorrectly. For example, it is not usually used as an affirmative remark to signify agreement, in the same way that *hai* (“yes”) or *wakarimasu* (“I understand”) might be used. Nor should it be shouted out as a *kiai* word while executing strikes and kicks.

Should it be used by parents of students when greeting instructors or students? In practice, anyone who supports the goals of karate and has an interest in learning about it may appropriately greet *karateka*, if they wish, with a bow and an *oss*, as a sign of respect and admiration for what they do. Alternatively, the good old American smile-and-a-handshake are equally acceptable.

Reference

FEY, B.R. (1994). To oss or not to oss: that is the question. *Dojo* magazine, Winter 1994, p. 80-81.

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