

ORANGE BELT

approximately 5-6 months

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY AND STANCES

2. ESCAPES:

- A. Bear hug (any one of 4)
- B. Head Lock (One of two)
- C. Escape From Mount

3. JUDO:

- A. Front Sweep
- B. Front Hip Throw

4. KATA:

- A. Kata Ichi set Ichi (All of set One of Katat Ichi)
- B. Tague I
- C. Pinan I

5. HAND AND FEET TECHNIQUES;

- A. Blocks 1-7
- B. Hand Techniques 1-16
- C. Foot Techniques 1-5

6. FRONT SIDE AND BACK ATTACKS

10 FROM EACH DIRECTION

7. FOUNDER OF COSZACKS

8. EIGHT BASICS: Must be able to recite them