

# **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