

ORANGE BELT

(2nd promotion : 3rd BELT)

TIME PERIOD: Approximately 5-6 Months

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY

2. STANCES:

- A. Width of Balance
- B. Straight of Balance
- C. Hyper-extension
- D. Natural

3. ESCAPES:

- A. Bear Hug
- B. Head Lock

4. JUDO:

- A. Front Hip Throw
- B. Front Sweep

5. KATAS:

- A. Ichi Kata set Ichi (Set one of Kata One)

6. HAND & FEET TECHNIQUES INCLUDING BLOCKS:

- A. Blocks 1 thru 6
- B. Hand techniques 1 thru 16
- C. Foot techniques 1 thru 4

7. CONTAINMENTS FROM AN ATTACK:

- A. TEN different combinations from the front.
- B. " " " " " back.
- C. " " " " " side.

8. EIGHT BASICS: Need only to recite them. Do not need to know definitions.