

Orange Belt



Little Roos



Kicks and Strikes

- Back Step Side Kick
- Inside Crescent Kick
- Outside Crescent Kick

Stances and Footwork

- Cat Stance
- Crossover Step
- Step Behind

Cane Strikes and Blocks

- Cut Block
- Wing Block (low) #5 counter

Ukemi (Falls and Rolls)

- Side to Side Falling
- Front Fall
- Soft style Front Fall

Self Defense

- Shoulder Grab

Throws and Ground Grappling

- Hip Throw (O-goshi)

Wrist Escapes

- Web Up
- Wedge Out

Drills

- 6 position drill (ground)

Questions:

- Explain how to deal with students who have a high tolerance to pain.
- What does "kumite" mean?
- What does "hajime" mean?

Kata

- Seisan