

Yellow Belt 2nd Stripe



Little Roos



Kicks and Strikes <ul style="list-style-type: none">• Knifehand (Shuto) and Ridgehand• Front Leg Kick: Front, Side, Roundhouse, Hook	Stances and Footwork <ul style="list-style-type: none">• Triangle Footwork (2-step)• Closed Stance (in relation to partner)• Open Stance (in relation to partner)
Cane Strikes and Blocks <ul style="list-style-type: none">• 6-12 angles of attack w/control• 6-12 angles of attack w/follow thru• 6-12 angles of attack w/pull back• Post and Brace Block	Throws and Ground Grappling <ul style="list-style-type: none">• Buck and Roll• Buck and Control
Self Defense <ul style="list-style-type: none">• Hammer Lock	Drills <ul style="list-style-type: none">• Sparring (down and back)• Mirror footwork drill• Slice/Post 1-5 w/X-pattern footwork• Slice/Post 1-5 w/Triangle footwork
Questions: <ul style="list-style-type: none">• What are the rules for sparring?	Kata <ul style="list-style-type: none">• Taikyoku Sandan (3)