

Orange Belt



Little Roos



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| Kicks and Strikes <ul style="list-style-type: none">• Back Step Side Kick• Inside Crescent Kick• Outside Crescent Kick | Stances and Footwork <ul style="list-style-type: none">• Cat Stance• Crossover Step• Step Behind |
| Cane Strikes and Blocks <ul style="list-style-type: none">• Cut Block• Wing Block (low) #5 counter | Ukemi (Falls and Rolls) <ul style="list-style-type: none">• Side to Side Falling• Front Fall• Soft style Front Fall |
| Self Defense <ul style="list-style-type: none">• Shoulder Grab | Throws and Ground Grappling <ul style="list-style-type: none">• Hip Throw (O-goshi) |
| Wrist Escapes <ul style="list-style-type: none">• Web Up• Wedge Out | Drills <ul style="list-style-type: none">• 6 position drill (ground) |
| Questions: <ul style="list-style-type: none">• Explain how to deal with students who have a high tolerance to pain.• What does "kumite" mean?• What does "hajime" mean? | Kata <ul style="list-style-type: none">• Seisan |