



Yellow Belt	 Little Roos 	
Kicks and Strikes	Stances and Footwork	
<ul style="list-style-type: none"> • Side Kick (Yoko-geri) • Oblique Kick • Axe Kick • Back Kick • Hook Punch • Uppercut or Bolo 	<ul style="list-style-type: none"> • X-pattern footwork • Sinawali Waving (forward/back) 	
Blocks and Parries	Ukemi (Falls and Rolls)	
<ul style="list-style-type: none"> • High Block 	<ul style="list-style-type: none"> • Side Fall • Lawnmower • High Fall (Side) • Hip Out (Shrimp) 	
Cane Strikes and Blocks	Throws and Ground Grappling	
<ul style="list-style-type: none"> • 1-5 angles of attack w/control • 1-5 angles of attack w/follow through • 1-5 angles of attack w/pull back 	<ul style="list-style-type: none"> • Demonstrate Mount • Demonstrate Guard (open/closed) • Demonstrate Crossbody • Demonstrate Kesagatame 	
Self Defense	Wrist Exercises	
<ul style="list-style-type: none"> • Drop and Drive 	<ul style="list-style-type: none"> • Wrist Lock Stretch • Goose Neck Wrist Stretch • Bent Elbow Wrist Stretch • Thumb-Wrist Entry Exercise 	
Wrist Escapes	Drills	
<ul style="list-style-type: none"> • Floating Elbow • Thumb Wrist Entry Cross Grab • Thumb Wrist Entry Same Side Grab • Web Down 	<ul style="list-style-type: none"> • 1-4 cane angles of attack w/shutdown (use shutdown or sinawali waving footwork) • 1-5 angles of attack defense w/X-pattern footwork 	
Questions:	Kata	
<ul style="list-style-type: none"> • Count 1-10 in Tagalog • What Martial Art styles are practiced at this school? • Name Dojo Safety Rules 1-8 • What does "Kiotske" mean? • What does "Rei" mean? 	<ul style="list-style-type: none"> • Taikyoku Shodan (1) 	