

Yellow Belt 2nd Stripe



Little Roos



Kicks and Strikes

- Knifehand (Shuto) and Ridgehand
- Front Leg Kick: Front, Side, Roundhouse, Hook

Stances and Footwork

- Triangle Footwork (2-step)
- Closed Stance (in relation to partner)
- Open Stance (in relation to partner)

Cane Strikes and Blocks

- 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

- Buck and Roll
- Buck and Control

Self Defense

- Hammer Lock

Drills

- Sparring (down and back)
- Mirror footwork drill
- Slice/Post 1-5 w/X-pattern footwork
- Slice/Post 1-5 w/Triangle footwork

Questions:

- What are the rules for sparring?

Kata

- Taikyoku Sandan (3)