

Orange Belt w/Stripe

Katas	•Pinan Nidan (2)	Throws & Ground Grappling	•Kesagatame Escapes: catch knee, backdoor, ST5, & Head Down and Buck
Self Defense	•Head Lock	Blocks & Parries	•Sinawali Boxing 2-count •Sinawali Boxing 3-count: straight, hook, & bolo
Kicks & Strikes	•Hammer Fist (Tetsui) •Palm Strike (Teisho) •Cross Over Roundhouse	Cane Techniques, Strikes & Blocks	•Block Check Counter (angles 1-12) w/cane
Stances & Footwork	•Hip Rotation (against 6/7 poke)	Drills	•One Step Sparring drill
Questions	•Who is the founder of Modern Arnis? •Who is the founder of Small Circle? •Who brought pressure points to US? •Name the 5 elements •Who is the father of Modern Day Karate?		