

## White Belt w/Stripe

<b>Katas</b>	•Taikyoku Shodan (1)	<b>Throws &amp; Ground Grappling</b>	•Mount •Guard (open/closed) •Crossbody •Kesagatame
<b>Self Defense</b>	•Front Kick (Mae-geri) •Roundhouse (Mawashi-geri) •Jab (Tobikomi-zuki) •Cross (Gyaku-zuki, Reverse or Straight Punch)	<b>Blocks &amp; Parries</b>	•Low Block
<b>Stances &amp; Footwork</b>	•Attention Stance •Ready Stance •Horse Stance •Seisan Stance •C-step	<b>Wrist Exercises &amp; Escapes</b>	•Forward (Vertical) Wrist Extension •Rotational Wrist Extension - In/Out •Downward (Horizontal) Wrist Extension •Reverse Wrist Extension
<b>Falls &amp; Rolls</b>	•Back Fall •Backward Recovery Exercise •Back Roll •Front Roll •Barrell Roll	<b>Drills</b>	•High/Low (Single Sinawali) •Outside/Inside Elbow Touch •High/High Traps •Same/Opposite Hands & Feet Touch •Intercepting Arms •Shutdown Drill
<b>Questions</b>	•Count 1-10 in Japanese •Name of School •Name of Instructors •Name Dojo Safety Rules 4/8 •What does "Karate" mean? •Why is it important to learn how to fall? •Why do we slap the arms when we fall?		