

<b>Yellow Belt</b>			
<b>Katas</b>	•Taikyoku Nidan (2)	<b>Throws &amp; Ground Grappling</b>	•Demonstrate Mount •Demonstrate Guard (open/closed) •Demonstrate Crossbody •Demonstrate Kesagatame
<b>Self Defense</b>	•Drop and Drive	<b>Blocks &amp; Parries</b>	•Middle Block •Sinawali Parry (Short and Long)
<b>Kicks &amp; Strikes</b>	•Side Kick (YokoOgeri) •Oblique Kick •Axe Kick •Back Kick •Hook Punch •Uppercut or Bolo	<b>Wrist Exercises &amp; Escapes</b>	•Wrist Lock Stretch •Goose Neck Wrist Stretch •Bent Elbow Wrist Stretch •Thumb Wrist Entry Exercise
<b>Stances &amp; Footwork</b>	•X-pattern footwork •Sinawali Waving (forward/back)	<b>Cane Techniques, Strikes &amp; Blocks</b>	•Angles of attack (1-5) with: control, follow through, and pull back •Slice Block •Post and Brace Block •Single Sinawali 2 canes (modern)
<b>Falls &amp; Rolls</b>	•Side Fall •Lawnmower •High Fall (Side) •Hip Out (Shimp)	<b>Drills</b>	•ONE CANE ATTACKS: Angles of attack (1-4) w/shutdown (use shutdown or sinawali waving footwork) •Angles of attack (1-5) defense w/X-pattern footwork
<b>Questions</b>	•Count 1-10 in Tagalog •What Martial Art styles are practiced at this school? •Name Dojo Safety Rules 8/8 •What does "Matte" mean? •What does "Kiotske" mean? •What does "Rei" mean?		