

Yellow Belt w/Stripe

Katas	•Taikyoku Sandan (3)	Throws & Ground Grappling	•Buck and Roll •Buck and Control •Ankle Grab and Roll
Self Defense	•Hammer Lock	Blocks & Parries	•High Block (Rising) •Horse Stance Punching (low/mid/high) •Block Check Counter (angle 1 & 2) empty hand
Kicks & Strikes	•Front Leg Kick: Front, Side, Round, Hook •Stomp Kick •Hook Kick (Ushiro Mawashi-geri) •Knifehand (Shuto) •Ridgehand (Haito) •Backfist (Uraken) •Knee Strikes •Elbow Strikes	Cane Techniques, Strikes & Blocks	•Angles of attack (6-12) with: control, follow through & pull back •Block Check Counter w/cane (angles 1 & 2)
Stances & Footwork	•Triangle Footwork (2-step) •Lunge step •Skip step •Closed & Open Stances (in relation to partner)	Drills	•Sparring (down & back) •Mirror footwork drill
Falls & Rolls	•Dive & Grab		
Questions	•Identify Japanese Flag •Identify Philipino Flag •What are the rules for sparring?		