

Name: \_\_\_\_\_

# Little Roos Orange Belt 1st Stripe

<b>Kata Kuzushi Bunkai</b>	<b>Throws and Ground Escapes</b>
<ul style="list-style-type: none"><li>• Oblique Kick</li><li>• Shoulder Line</li></ul>	All Throws Plus: <ul style="list-style-type: none"><li>• Double Leg Takedown</li></ul> Chest Pin Side Mount <ul style="list-style-type: none"><li>• Double Monkey Paw</li></ul>
<b>Self Defense</b>	<b>Kicks, Strikes, Blocks</b>
<ul style="list-style-type: none"><li>• Rear Bear Hug</li></ul>	<ul style="list-style-type: none"><li>• Knee Strike</li><li>• Crossover Roundhouse Kick</li><li>• Hammer Fist</li></ul>
<b>Entrys</b>	<b>Arm/Shoulder Locks</b>
<ul style="list-style-type: none"><li>• Trapping Hands</li></ul>	<ul style="list-style-type: none"><li>• Arm &amp; Shoulder Lock</li></ul>
<b>Weapon Defense</b>	<b>Dynamic Demonstration</b>
<ul style="list-style-type: none"><li>• Sparking</li><li>• Stick Angles 1-4</li><li>• Slice Block</li></ul>	<ul style="list-style-type: none"><li>• 1 Minute Outside Reap</li><li>• 1 Minute Self Defense</li></ul>
<b>Questions</b>	
<ul style="list-style-type: none"><li>• What are Small Circle Jujitsu Principles 1 through 12?</li><li>• Who is the Founder of Modern Arnis?</li><li>• What do you ALWAYS do when you pick up a stick?</li><li>• Identify the Philippine flag.</li></ul>	