

Name: _____

<h1>Little Roos</h1>		<h2>Purple 2nd Stripe</h2>
Kata Kuzushi Bunkai	Throws and Ground Grappling	
<ul style="list-style-type: none">• Cat Stance	All Throws Plus: <ul style="list-style-type: none">• Hook Foot Sweep Back Control Escape <ul style="list-style-type: none">• Fall to Side	
Self Defense	Kicks, Strikes, Blocks	
<ul style="list-style-type: none">• Push against Wall With Forearm	<ul style="list-style-type: none">• Jump Hook Kick• Jump Side Kick	
Wrist Locks	Arm/Shoulder Locks	
<ul style="list-style-type: none">• Bent Elbow Wrist lock	<ul style="list-style-type: none">• Reverse Strike/Rub	
Weapon Defense	Dynamic Demonstration	
<ul style="list-style-type: none">• Block/Check/Counter 8, 9, 12	<ul style="list-style-type: none">• 1 Minute Back Control• 1 Minute 1,2,3• 90 Seconds Self Defense	
Question		
<ul style="list-style-type: none">• Name the first 4 meridians.• Name the 2 vessels.		