

Name: _____

Little Roos White Belt 1st Stripe

Kata	Throws and Ground Positions
<ul style="list-style-type: none">• Taikyoku Shodan - first 8 moves moves	<ul style="list-style-type: none">• Mount• Guard (open/closed)
Self Defense	Kicks, Strikes, Blocks
<ul style="list-style-type: none">• Web Up• Web Down	<ul style="list-style-type: none">• Front Snap Kick• Roundhouse • Jab• Cross (3/4 Punch) • Parry Block• Salute Block
Stances/Drills	Wrist Exercises
<ul style="list-style-type: none">• 2-Step Footwork• Attention Stance• Horse Stance	<ul style="list-style-type: none">• Forward Vertical• Horizontal
Falls & Rolls	Hand & Foot Drills
<ul style="list-style-type: none">• Back Roll• Back Fall	<ul style="list-style-type: none">• High/Low Drill• High/Low Drill Elbow Control• High/Low Drill Inside Arm Touch
Questions	
<ul style="list-style-type: none">• Name Dojo Safety Rules 1-2• Count 1-5 in Japanese• What does "matte" mean?• What does "kiotske" mean?• What does "rei" mean?	