

Name: _____

Little Roos White Belt 2nd Stripe

Kata	Throws and Ground Grappling
<ul style="list-style-type: none">• Taikyoku Shodan - finish	<ul style="list-style-type: none">• Chest Pin Side Mount
Self Defense	Kicks, Strikes, Blocks
<ul style="list-style-type: none">• Thumb Wrist Entry• Wedge Out	<ul style="list-style-type: none">• Back Kick• Kick Combinations • Hook• Uppercut • Cover Block
Stances/Drills	Wrist Exercises
<ul style="list-style-type: none">• Forward Stance• C-Step	<ul style="list-style-type: none">• Reverse• Rotational
Falls & Rolls	Hand & Foot Drills
<ul style="list-style-type: none">• Front Roll• Technical Recovery	<ul style="list-style-type: none">• High/High Traps• High/Low Drill Same Hand/Foot• High/Low Drill Opposite Hand/Foot
Questions	
<ul style="list-style-type: none">• Name Dojo Safety Rules 1, 2, 3, and 4• Count 1-10 in Japanese• What is the name of this school?• Why is it important to learn how to fall?	