

Name: _____

Little Roos Yellow Belt 1st Stripe

Kata	Throws and Ground Escapes
<ul style="list-style-type: none">• Pinan 1	Mount <ul style="list-style-type: none">• Buck and Roll
Self Defense	Kicks, Strikes, Blocks
<ul style="list-style-type: none">• Arm(s) Behind Back	<ul style="list-style-type: none">• Side Kick• Kick Combinations • Ridge Hand • Shield Block
Stances/Drills	Wrist Exercises
<ul style="list-style-type: none">• Side Step in Front• Side Step Behind• Side Skip Step	<ul style="list-style-type: none">• Thumb Wrist Entry
Falls & Rolls	Hand & Foot Drills
<ul style="list-style-type: none">• Front Fall	<ul style="list-style-type: none">• High/Low One Hand• High/Low to Shoulder Control
Questions	
<ul style="list-style-type: none">• Name Dojo Safety Rules 1, 2, 3, 4, 5, 6, 7, 8• What does "karate" mean?• What does "jujitsu" mean?• "Hands move _____ move!"	