

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

# Little Roos Yellow Belt 2nd Stripe

<b>Kata</b>	<b>Throws and Ground Escapes</b>
<ul style="list-style-type: none"><li>• Kata Kuzushi moves 1-5</li></ul>	<ul style="list-style-type: none"><li>• Major Outer Reap</li></ul> <p>Guard</p> <ul style="list-style-type: none"><li>• 45 Knee/Knee</li></ul>
<b>Self Defense</b>	<b>Kicks, Strikes, Blocks</b>
<ul style="list-style-type: none"><li>• Headlock</li><li>• Headlock With Punch</li></ul>	<ul style="list-style-type: none"><li>• Elbow to Palm</li></ul> <ul style="list-style-type: none"><li>• Elbow Block</li><li>• Knee Block</li></ul> <ul style="list-style-type: none"><li>• Inverted Ridgehand</li><li>• Inverted Shuto</li></ul>
<b>Entrys</b>	<b>Wrist Exercises</b>
<ul style="list-style-type: none"><li>• Intercepting Arms</li></ul>	<ul style="list-style-type: none"><li>• Wrist Radius</li><li>• Sleeve Ulna/Radius</li></ul>
<b>Falls &amp; Rolls</b>	<b>Hand &amp; Foot Drills</b>
<ul style="list-style-type: none"><li>• Dive and Grab</li></ul>	<ul style="list-style-type: none"><li>• High/Low to Arm Trap</li><li>• High/Low to Step behind</li></ul>
<b>Questions</b>	
<ul style="list-style-type: none"><li>• Who is the Founder of Small Circle Jujitsu?</li><li>• Who is the current head of Small Circle Jujitsu?</li><li>• What are Small Circle Jujitsu Principles 1, 2, 3, 4?</li></ul>	