

Name: _____

| | | |
|--|---|----------------------|
| <h1>Little Roos</h1> | | <h2>Yellow Belt</h2> |
| Kata | Throws and Ground Grappling | |
| <ul style="list-style-type: none">• NiSandan | <ul style="list-style-type: none">• Kesagatame | |
| Self Defense | Kicks, Strikes, Blocks | |
| <ul style="list-style-type: none">• Drop and Drive• Drop and Drive Combinations | <ul style="list-style-type: none">• Oblique (soccer) Kick• Kick Combinations • Helmet Block | |
| Stances/Drills | Wrist Exercises | |
| <ul style="list-style-type: none">• Oblique• Judo Pivot | <ul style="list-style-type: none">• Wrist Lock Stretch• Gooseneck Stretch• Bent Elbow Stretch | |
| Falls & Rolls | Hand & Foot Drills | |
| <ul style="list-style-type: none">• Side Fall• Side to Side Clean• Lawn Mower• High Fall | <ul style="list-style-type: none">• Intercepting Arms• Shutdown Drill | |
| Questions | | |
| <ul style="list-style-type: none">• Name Dojo Safety Rules 1, 2, 3, 4, 5, 6• Who is the head instructor of Ryukyu Kyusho Family Martial Arts?• Why is it important to learn how to fall?• Why do we slap the arms when we fall? | | |