

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

## Tiger Blue Belt w/ Stripe

<b>Weapon Kata</b>	<ul style="list-style-type: none"> <li>• Short Sai Form</li> </ul>	<b>Throws / Ground TECHNIQUES</b>	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> <li>• Minor Inner Reap</li> <li>• Shoulder Walk</li> </ul> <p>Knee on Belly</p> <ul style="list-style-type: none"> <li>• Arm Scoop to Arm Bar</li> </ul> <p>Back</p> <ul style="list-style-type: none"> <li>• Radial Face Lock</li> </ul>
<b>Straight Arm Bars</b>	<ul style="list-style-type: none"> <li>• Cross Reverse Arm Bar Down</li> <li>• Cross Reverse Arm Bar Up</li> </ul>	<b>Wrist Locks</b>	<p><b>NOTE: These locks may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Underhand Wrist Lock</li> </ul>
<b>Finger Locks</b>	<p><b>NOTE: These locks may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Ring Finger</li> </ul>	<b>Arm /Shoulder Locks</b>	<p><b>NOTE: These bars may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Winding Arm Lock</li> </ul>
<b>Weapon Defense</b>	<ul style="list-style-type: none"> <li>• Knife to Stomach</li> <li>• Palm Up Knife to Throat</li> </ul>	<b>Dynamic Demonstration</b>	<ul style="list-style-type: none"> <li>• 1 Minute of Knife Takeaways</li> <li>• 2 Minute of Self Defense</li> <li>• 2 Minute of 1,2,3 Drill</li> <li>• 2 Minute Sensei Roll</li> </ul>
<b>Questions</b>	<ul style="list-style-type: none"> <li>• Explain the Balance Principle</li> <li>• Explain the Mobility and Stability Principle</li> <li>• Explain Avoid the Head On Collision of Forces Principle</li> </ul>		