

Name: _____

Tigers Blue Belt

Weapon Kata	<ul style="list-style-type: none"> • Anyo Isa Cane Form 1 	Throws & Ground TECHNIQUES	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> • Major Inner Reap <p>Chest Mount</p> <ul style="list-style-type: none"> • Arm Bar <p>Kesagatame</p> <ul style="list-style-type: none"> • Arm Bar With Leg • Ude garuma With Foot • Kata Gatame
Self Defense	<ul style="list-style-type: none"> • Front Hair Grab • Back Hair Grab 	Wrist Locks	<p>NOTE: These locks may only be practiced on instructors</p> <ul style="list-style-type: none"> • 3 Handshake variations
Finger Locks	<p>NOTE: These locks may only be practiced on instructors</p> <ul style="list-style-type: none"> • Reverse Finger 	Arm /Shoulder Locks	<p>NOTE: These bars may only be practiced on instructors</p> <ul style="list-style-type: none"> • Snaking Arm Lock
Weapon Defense	<ul style="list-style-type: none"> • Stick 1 and 2 Stick Slap Off/Pull Off <p>Brace Block Takeaways</p> <ul style="list-style-type: none"> • #1 • #2 	Dynamic Demonstration	<ul style="list-style-type: none"> • 2 Minute Sensei Roll • 2 Minutes of Self Defense • 2 Minute of 1,2,3 Drill • 2 Minute of Stick Takeaways (Empty Hand and With Stick)
Questions	<ul style="list-style-type: none"> • Trace the meridians on the body • Define the Kodenkan Jujitsu concept of: Kokua and Ohana • Explain kuzushi 8 directional theory 		