

Name: _____

Tigers Brown Belt

Weapon Kata	<ul style="list-style-type: none"> • Tokumine No Kun Part 1 	Throws / Ground TECHNIQUES	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> • Double Sleeve Throw <p>Tricep Tendon Pins</p> <ul style="list-style-type: none"> • Knuckles • Knee • Hand on Foot/Step on Elbow
Straight Arm Bars	<ul style="list-style-type: none"> • Tricep Tendon Rub With Knuckles • Tricep Tendon Rub With Ulna 	Kicks	<ul style="list-style-type: none"> • Flying Side Kick
Finger Locks	<p>NOTE: These locks may only be practiced on instructors</p> <ul style="list-style-type: none"> • Double Inverted Finger Lock From Wedge 	Arm /Shoulder Locks	<p>NOTE: These bars may only be practiced on instructors</p> <ul style="list-style-type: none"> • Kimura
Weapon Defense	<ul style="list-style-type: none"> • Palm Down Knife to Throat 	Dynamic Demonstration	<ul style="list-style-type: none"> • 1 Minute of Knife Takeaways • 2 Minute of 1,2,3 Drill • 3 Minutes of Self Defense • 3 Minute Sensei Roll
Questions	<ul style="list-style-type: none"> • Explain the Mental Resistance and Distraction Principle • Explain the Focus to the Smallest Point Principle • Explain the Create a Base Principle 		