

Name: _____

Tigers Orange Belt w/Stripe

Kata Kuzushi Bunkai	<ul style="list-style-type: none"> • Step Behind Leg • Shoulder to Shoulder • Spin Take Down 	Throws & Ground ESCAPES	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> • Drop Shoulder Throw • Double Leg Takedown <p>Chest Pin</p> <ul style="list-style-type: none"> • Double Monkey Paw <p>Kesagatame</p> <ul style="list-style-type: none"> • Back Door • Head Up Figure 4
Self Defense	<ul style="list-style-type: none"> • Bear Hug Front • Bear Hug Back 	Kicks & Strikes	<ul style="list-style-type: none"> • Knee Strike • Cross Over Roundhouse <ul style="list-style-type: none"> • Hammer Fist • Palm Heel Strike
Entrys	<ul style="list-style-type: none"> • Trapping Hands • Wedge 	Arm/Shoulder Locks	<p>Arm and Shoulder Lock (Ude Garume)</p>
Weapon Defense	<ul style="list-style-type: none"> • Sparking • Stick Angles 1-12 • Single Sinawali 	Dynamic Demonstration	<ul style="list-style-type: none"> • 1 Minute Outside Reap • 1 Minute of Self Defense • 1 Minute Ground Position Drill
Questions	<ul style="list-style-type: none"> • What are Small Circle Jujitsu Principles 9, 10, 11, and 12?? • Who is the Founder of Modern Arnis? • What do you ALWAYS do when you pick up a stick? • What is the IMAF? • Point to the flag of the Philippines 		