

Name: _____

Tigers Yellow Belt w/Stripe

Katas	<ul style="list-style-type: none"> • Pinan 1 	Throws & Ground ESCAPES	<ul style="list-style-type: none"> • Single Leg Takedown • Major Outer Reap <p>Mount</p> <ul style="list-style-type: none"> • Turn, Bridge and Roll Guard • 45 knee/knee
Self Defense	<ul style="list-style-type: none"> • Arm(s) Behind Back • Headlock - No Punch • Headlock - With punch 	Kicks, Strikes & Blocks	<ul style="list-style-type: none"> • Soccer Kick • Side Kick <ul style="list-style-type: none"> • Knifehand • Ridgehand <ul style="list-style-type: none"> • Shield Block • Elbow Block • Knee Block
Stances & Foot/Hand Drills	<ul style="list-style-type: none"> • Step in Front • Step Behind 	Wrist Exercises	<ul style="list-style-type: none"> • Thumb Wrist Entry • Wrist Radius • Sleeve Neck Control
Falls & Drills	<ul style="list-style-type: none"> • Front Fall • Dive & Grab • Skip step 	Hand & Foot Drills	<ul style="list-style-type: none"> • One-Hand High/Low • High/Low to Shoulder Push • High/Low to Arm Trap • High/Low Step Behind
Questions	<ul style="list-style-type: none"> • What are Small Circle Jujitsu Principles 1, 2, 3 and 4? • Hands Move _____ Feet Move! • Who is the Founder/Creator of Small Circle Jujitsu? 		