

Name: _____ 2022 _____

Blue Belt	Little Roos
Weapon Kata	Throws and Ground Grappling
<ul style="list-style-type: none"> • Anyo Isa Cane Form 1 	All Throws Called Out <ul style="list-style-type: none"> • Mount to Kesagatame
Self Defense	Kicks, Strikes, Blocks
<ul style="list-style-type: none"> • Rear Shoulder Grab 	<ul style="list-style-type: none"> • Shoulder Punch
Finger locksLocks	Arm/Shoulder Locks
<ul style="list-style-type: none"> • Reverse Finger 	<ul style="list-style-type: none"> • Snaking Arm Lock
Weapon Defense	Dynamic Demonstration
<ul style="list-style-type: none"> • 1/2 Slap Off/Pull Off 	<ul style="list-style-type: none"> • 1 Minute Empty Stick/Stick Takeaway With Either Empty hand or Stick • 2 Minutes Self Defense • 2 Minutes 1,2,3 • 2 Minutes Sensei Roll
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- Count 1-10 in Japanese
- Name of School
- Name of Instructors
- Name Dojo Safety Rules 1-2
- Why is it important to learn how to fall?
- Why do we slap the arms when we fall?