

Name: _____

Little Roos		Green 1st Stripe	
Finger Locks	Throws and Ground Grappling		
<ul style="list-style-type: none">• All Fingers	All Throws Plus: <ul style="list-style-type: none">• Knee Drops		
Self Defense	Kicks, Strikes, Blocks		
<ul style="list-style-type: none">• High/Low Shoulder Control to Knee Drop	<ul style="list-style-type: none">• Spear Hand		
Wrist Locks	Arm/Shoulder Locks		
<ul style="list-style-type: none">• Vertical Wrist Lock with Re-grab	<ul style="list-style-type: none">• Inside Wrap		
Weapon Defense	Dynamic Demonstration		
<ul style="list-style-type: none">• Empty Hand 1/2 Angles Stick Takeaway	<ul style="list-style-type: none">• 1 Minute Empty Hand Stick Takeaway• 2 Minutes Self Defense• 2 Minutes 1,2,3• 2 Minutes Sensei Roll		
Questions			
<ul style="list-style-type: none">• Name the element associated with each meridian.• Who was Professor Henry Seishiro Okazaki?• What are the four corner posts of the dojo?			