

Name: _____

Little Roos Green 2nd Stripe

Finger Locks	Throws and Ground Grappling
• 6 Direction Control Various Finger Locks	All Throws Plus: • Major Inner Reap • Minor Inner Reap
Self Defense	Kicks, Strikes, Blocks
• Hair/Face Grab From Rear	• Shoulder Punch
Wrist Locks	Arm/Shoulder Locks
• 3 Handshake Variations	• Arm Trap From Punch
Weapon Defense	Dynamic Demonstration
• Brace Block 1/2 Angles Stick Takeaway	• 1 Minute Empty Stick/Stick Takeaway • 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?