

Name: \_\_\_\_\_

<h1>Little Roos</h1>		<h2>Green</h2>
<b>Finger Locks</b> <ul style="list-style-type: none"><li>• Thumb to Knuckle</li><li>• Index Finger Fulcrum</li></ul>	<b>Throws and Ground Grappling</b> <p>All Throws Plus:</p> <ul style="list-style-type: none"><li>• Major Inner Sweep</li><li>• Knee on Belly</li></ul>	
<b>Self Defense</b> <ul style="list-style-type: none"><li>• Lying on Stomach</li><li>• Lying on Back</li></ul>	<b>Kicks, Strikes, Blocks</b> <ul style="list-style-type: none"><li>• Drag Roundhouse Kick</li><li>• Drag Hook Kick</li><li>• Drag Side Kick</li></ul>	
<b>Wrist Locks</b> <ul style="list-style-type: none"><li>• Vertical Wrist lock</li></ul>	<b>Arm/Shoulder Locks</b> <ul style="list-style-type: none"><li>• Armpit Arm Bar</li></ul>	
<b>Weapon Defense</b> <ul style="list-style-type: none"><li>• Double Sinawali</li></ul>	<b>Dynamic Demonstration</b> <ul style="list-style-type: none"><li>• 1 Minute Single/Double Sinawali</li><li>• 90 Seconds 1,2,3</li><li>• 90 Seconds Self Defense</li></ul>	
<b>Questions</b> <ul style="list-style-type: none"><li>• Which traditional jujitsu system did Professor Wally Jay first study?</li><li>• Where is the Hombu (headquarters) of Small Circle Jujitsu?</li><li>• Name all 12 meridians.</li></ul>		