

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

# Little Roos Orange Belt 2nd Stripe

<b>Kata Kuzushi Bunkai</b>	<b>Throws and Ground Escapes</b>
<ul style="list-style-type: none"><li>• Spin Takedown</li></ul>	All Throws Plus: <ul style="list-style-type: none"><li>• Drop Shoulder Throw</li></ul> Kesagatame <ul style="list-style-type: none"><li>• Back Door</li><li>• Head Up Figure 4</li></ul>
<b>Self Defense</b>	<b>Kicks, Strikes, Blocks</b>
<ul style="list-style-type: none"><li>• Front Bear Hug</li></ul>	<ul style="list-style-type: none"><li>• Cross behind Side Kick</li><li>• Palm Heel Strike</li><li>• Back Fist</li></ul>
<b>Entrys</b>	<b>Arm/Shoulder Locks</b>
<ul style="list-style-type: none"><li>• Wedge</li></ul>	<ul style="list-style-type: none"><li>• Arm/Shoulder Lock/Hammer Lock Flow</li></ul>
<b>Weapon Defense</b>	<b>Dynamic Demonstration</b>
<ul style="list-style-type: none"><li>• Stick Angles 5-7</li><li>• Slice Block</li></ul>	<ul style="list-style-type: none"><li>• 1 Minute Ground Positions</li><li>• 1 Minute Self Defense</li></ul>
<b>Questions</b>	
<ul style="list-style-type: none"><li>• What are Small Circle Jujitsu Principles 1 through 16?</li><li>• Why do you bow on and off the mat?</li><li>• Why do we bow at the start and end of class?</li></ul>	