

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

<b>Little Roos</b>		<b>Orange Belt</b>	
<b>Kata</b>		<b>Throws and Ground Escapes</b>	
<ul style="list-style-type: none"><li>• Kata Kuzushi move 6-10</li></ul>		All Throws Plus: <ul style="list-style-type: none"><li>• Hip Throw</li></ul> Chest Pin Side Mount <ul style="list-style-type: none"><li>• Knee Shield to Guard</li></ul> Kesagatame <ul style="list-style-type: none"><li>• Knee Catch</li><li>• Push head Down</li></ul>	
<b>Self Defense</b>		<b>Kicks, Strikes, Blocks</b>	
<ul style="list-style-type: none"><li>• Front Shoulder Grab</li><li>• Rear Shoulder Grab</li></ul>		<ul style="list-style-type: none"><li>• Front Leg Front Snap Kick</li><li>• Front Leg Roundhouse Kick</li><li>• Front Leg Hook Kick</li><li>• Front Leg Side Kick</li></ul>	
<b>Entrys</b>		<b>Arm/Shoulder Locks</b>	
<ul style="list-style-type: none"><li>• East/West</li><li>• North/South</li></ul>		<ul style="list-style-type: none"><li>• Hammer Lock</li></ul>	
<b>Kata Kuzushi Bunkai</b>		<b>Dynamic Demonstration</b>	
<ul style="list-style-type: none"><li>• Hug and Step</li><li>• Turn and Pull Hand Down</li></ul>		<ul style="list-style-type: none"><li>• 1 Minute Bronco</li><li>• 1 Minute Wrist escapes</li></ul>	
<b>Questions</b>			
<ul style="list-style-type: none"><li>• What are Small Circle Jujitsu Principles 5, 6, 7, 8?</li><li>• Who is the father of modern day karate?</li><li>• " _____ " before you act!</li></ul>			