

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

<h1>Little Roos</h1>		<h2>Purple 1st Stripe</h2>
<b>Kata Kuzushi Bunkai</b>	<b>Throws and Ground Escapes</b>	
<ul style="list-style-type: none"><li>• Chin Up and Turn</li><li>• Drop and Drive</li></ul>	<ul style="list-style-type: none"><li>• Shoulder Throw</li></ul> <p>Knee to Belly</p> <ul style="list-style-type: none"><li>• Monkey Paw/Shrimp</li><li>• Under ankle Hook</li></ul>	
<b>Self Defense</b>	<b>Kicks, Strikes, Blocks</b>	
<ul style="list-style-type: none"><li>• Push against Wall With Hands</li></ul>	<ul style="list-style-type: none"><li>• Jump Front Kick</li><li>• Jump Roundhouse Kick</li><li>• Skip Hook Kick</li><li>• Skip Side Kick</li></ul>	
<b>Finger Locks</b>	<b>Arm/Shoulder Locks</b>	
<ul style="list-style-type: none"><li>• Thumb Palm Push</li><li>• Thumb Finger Peel</li><li>• Thumb Peel</li></ul>	<ul style="list-style-type: none"><li>• Elbow to Elbow</li></ul>	
<b>Weapon Defense</b>	<b>Dynamic Demonstration</b>	
<ul style="list-style-type: none"><li>• Block/Check/Counter 1, 2, 5</li></ul>	<ul style="list-style-type: none"><li>• 1 Minute Side Mount</li><li>• 1 Minute 1,2,3</li><li>• 90 Seconds Circle Bags Strikes/Kicks</li></ul>	
<b>Questions</b>		
<ul style="list-style-type: none"><li>• What is a Pressure Point?</li><li>• What is a meridian?</li><li>• How many meridians are there?</li><li>• What is a vessel?</li><li>• How many vessels are there?</li></ul>		