

Name: _____

<h1>Little Roos</h1>		<h2>Purple</h2>
Kata Kuzushi Bunkai <ul style="list-style-type: none">• 3rd Eye Takedown• Elbow Swing	Throws and Ground Positions <p>All Throws Plus:</p> <ul style="list-style-type: none">• Mobility Throw• Knee to Belly• Back Control	
Self Defense <ul style="list-style-type: none">• Rear Choke 2 Hands• Rear Choke 1 Arm	Kicks, Strikes, Blocks <ul style="list-style-type: none">• Skip Front Kick• Skip Roundhouse Kick• Skip Hook Kick• Skip Side Kick	
Finger Locks <ul style="list-style-type: none">• Index Finger• 2 Hand Wrist Lock	Arm/Shoulder Locks <ul style="list-style-type: none">• Reverse Hammer Lock	
Weapon Defense <ul style="list-style-type: none">• Stick Angles 8-12• Brace Block• Post Block	Dynamic Demonstration <ul style="list-style-type: none">• 1 Minute Closed Guard• 1 Minute Self Defense• 1 Minute Circle Bags Strikes/Kicks	
Questions <ul style="list-style-type: none">• Why is it important to teach techniques you have learned?• How do you deal with students who have a high tolerance for pain?• Explain the kuzushi triangle theory.		