

Name: _____

Tigers Orange Belt

Katas	<ul style="list-style-type: none"> • Kata Kuzushi 	Throws & Ground ESCAPES	<ul style="list-style-type: none"> • Hip Throw Chest Pin • Knee Shield to Guard Kesagatame • Knee Catch • Push Head Down
Self Defense	<ul style="list-style-type: none"> • Shoulder Grab - Front • Shoulder Grab - Back 	Kicks & Strikes	<ul style="list-style-type: none"> Front Leg Kicks • Front Snap • Round House • Hook • Side • Backfist • Inverted Knifehand • Inverted Ridgehand
Entrys	Shut Down To: <ul style="list-style-type: none"> • Intercepting Arms • East/West • North/South 	Arm/Shoulder Locks	<ul style="list-style-type: none"> • Hammer Lock
Kata Kuzushi Bunkai	<ul style="list-style-type: none"> • Hug, Step to 45 Takedown • Turn and Hand to Ground 	Dynamic Demonstration	<ul style="list-style-type: none"> • 1 Minute Bronco • 1 Minute Wrist Escapes
Questions	<ul style="list-style-type: none"> • What are Small Circle Jujitsu Principles 5, 6, 7 and 8? • Name the 5 elements • Who is the father of Modern Day Karate? 		