

Name: _____

Tigers Purple Belt w/Stripe

Kata Kuzushi Bunkai	<ul style="list-style-type: none"> • Chin Up Turn • Drop and Drive • Step Back Cat Stance 	Throws & Ground ESCAPES	<ul style="list-style-type: none"> • Shoulder Throw <p>Knee to Belly</p> <ul style="list-style-type: none"> • Monkey Paw/Shrimp • Under Ankle Hook <p>Back Control</p> <ul style="list-style-type: none"> • Fall to Side
Self Defense	<ul style="list-style-type: none"> • Push Against Wall With Hands • Push Against Wall With Arm Across Throat 	Kicks & Strikes	<p>Skip Kicks:</p> <ul style="list-style-type: none"> • Round • Hook • Side <p>Drag Kicks:</p> <ul style="list-style-type: none"> • Round • Hook • Side
Locks	<p>NOTE: These locks may only be practiced on instructors</p> <ul style="list-style-type: none"> • Thumb Palm Heel Push • Thumb Peel With Finger • Thumb Peel With Thumb 	Arm Bars	<p>NOTE: These bars may only be practiced on instructors</p> <ul style="list-style-type: none"> • Reverse (Elbow to Elbow) • Reverse Striking/Rubbing TW 12/TW 11
Weapon Defense	<ul style="list-style-type: none"> • Block, Check, Counter With Footwork Angles: 1, 2, 5, 8, 9, 12 	Dynamic Demonstration	<ul style="list-style-type: none"> • 1 Minute Side Mount • 1 Minute of Self Defense • 1 Minute Circle Bag Kicks/Strikes
Questions	<ul style="list-style-type: none"> • What is a pressure point? • How many meridians are there? • Name the first six. • What is a vessel? • Name them. 		