

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

## Tigers White Belt w/Stripe

<b>Katas</b>	<ul style="list-style-type: none"> <li>• Taikyoku Shodan</li> </ul>	<b>Throws &amp; Ground POSITIONS</b>	<ul style="list-style-type: none"> <li>• Mount</li> <li>• Guard (open/closed)</li> </ul>
<b>Self Defense</b>	<p>Wrist Grab Escapes</p> <ul style="list-style-type: none"> <li>• Thumb Wrist Entry</li> <li>• Web Up</li> <li>• Web Down</li> </ul>	<b>Kicks, Strikes &amp; Blocks</b>	<ul style="list-style-type: none"> <li>• Front Snap Kick</li> <li>• Roundhouse</li> <li>• Jab</li> <li>• Cross (Three-Quarter Punch)</li> <li>• Inside Parry</li> <li>• Salute (Roof) Block</li> </ul>
<b>Stances &amp; Foot/Hand Drills</b>	<ul style="list-style-type: none"> <li>• Attention Stance</li> <li>• Horse Stance</li> <li>• Forward (Seisan) Stance</li> <li>• C - Step</li> </ul>	<b>Wrist Exercises</b>	<ul style="list-style-type: none"> <li>• Forward (Vertical) Wrist Extension</li> <li>• Downward (Horizontal) Wrist Extension</li> <li>• Reverse Wrist Extension</li> </ul>
<b>Falls &amp; Rolls</b>	<ul style="list-style-type: none"> <li>• Back Roll</li> <li>• Front Roll</li> <li>• Back Fall</li> <li>• Technical Recovery</li> </ul>	<b>Hand &amp; Foot Drills</b>	<ul style="list-style-type: none"> <li>• High/Low (Single Sinawali)</li> <li>• Outside/Inside Elbow Touch</li> <li>• High/High Traps</li> </ul>
<b>Questions</b>	<ul style="list-style-type: none"> <li>• Name Dojo Safety Rules 1, 2, 3, and 4</li> <li>• Count 1-10 in Japanese</li> <li>• Why is it important to learn how to fall?</li> <li>• Why do we slap the arms when we fall?</li> </ul>		