

Name: _____

Tigers Yellow Belt

Katas	<ul style="list-style-type: none"> • Taikyoku NiSandan 	Throws & Ground POSITIONS	<ul style="list-style-type: none"> • Chest Pin Side Mount • Kesagatame
Self Defense	<ul style="list-style-type: none"> • Wedge Out • Drop and Drive • Self Defense Combinations to Drop and Drive 	Kicks, Strikes & Blocks	<ul style="list-style-type: none"> • Back Kick • Oblique Kick • Hook • Uppercut • Cover Block • Helmet Block
Stances & Footwork/Hand Drills	<ul style="list-style-type: none"> • 2-Step Footwork • Oblique Stance • Judo Pivot • Uppercut or Bolo 	Wrist Exercises	<ul style="list-style-type: none"> • Rotational Wrist • Wrist Lock • Goose Neck • Bent Elbow Wrist Stretch
Falls & Drills	<ul style="list-style-type: none"> • Side Fall • Side to Side Slapping • ...Clean • ...Lawn Mower • ...High Fall 	Hand & Foot Drills	<ul style="list-style-type: none"> • High/Low Same Side • High/Low Opposite Side • Intercepting Arms • Shutdown Drill
Questions	<ul style="list-style-type: none"> • Name Dojo Safety Rules 5, 6, 7, and 8 • What does "Jujitsu" mean? • What does "Karate" mean? • What Does "Matte" mean? • What Does "Kiotske" mean? • What Does "Rei" mean? 		