

Orange Belt with Stripe



Little Roos



Kicks and Strikes

- Hammer Fist (Tetsui)
- Palm Strike (Teisho)
- Cross Over Roundhouse Kick
- Step Behind Side Kick

Stances and Footwork

- Hip Rotation (against 6/7 poke)

Cane Strikes and Blocks

- Cut Block
- Wing Block (low) #5 counter
- Block Check Counter angles 1-12

Throws and Ground Grappling

- Kesagatame escapes (various)
 - Catch Knee
 - Backdoor
 - STOMACH 5
 - Head Down and Buck

Self Defense

- Head Lock

Drills

- Sparring: short lunge parry/backhand
- Sparring: long lunge parry/backhand
- One Step Sparring

Questions:

- Who is the founder of Modern Arnis?
- Who is the founder of Small Circle?
- Who brought pressure points to US?
- Name 5 elements.
- Who is the founder of Modern Day Karate?

Kata

- Anyo Isa Empty Hand Form 1