

## White Belt 1st Stripe



## Little Roos



### Kicks and Strikes

- Front Kick (Mae-geri)
- Roundhouse (Mawashi-geri)
- Middle Punch

### Stances and Footwork

- Attention Stance
- Ready Stance
- Seisan Stance
- C-Step

### Blocks and Parries

- Low Block

### Ukemi (Falls and Rolls)

- Back Fall
- Backward Recovery Exercise
- Back Roll

### Drills

- High Low (Single Sinawali)
- Outside/Inside Elbow Touch
- High/High Traps
- Shutdown Drill

### Throws and Ground Grappling

- Mount
- Guard (open/closed)
- Crossbody
- Kesagatame

### Questions:

- Count 1-10 in Japanese
- Name of School
- Name of Instructors
- Name Dojo Safety Rules 1-2
- Why is it important to learn how to fall?
- Why do we slap the arms when we fall?

### Kata

- Taikyoku Shodan (1) - opening plus 4 moves