



White Belt 2nd Stripe	 Little Roos 
Kicks and Strikes	Stances and Footwork
<ul style="list-style-type: none"> • Jab (Tobikomi-zuki) • Cross (Gyaku-zuki) - Reverse or Straight Punch 	<ul style="list-style-type: none"> • Horse Stance
Blocks and Parries	Ukemi (Falls and Rolls)
<ul style="list-style-type: none"> • Middle Block 	<ul style="list-style-type: none"> • Front Roll • Barrell Roll • Barrell Roll Recovery Exercise
Drills	Wrist Exercises
<ul style="list-style-type: none"> • Same/Opposite Hands & Feet Touch • Intercepting Arms 	<ul style="list-style-type: none"> • Forward (Vertical) Wrist Extensions • Rotational Wrist Extension -In/Out • Downward (Horizontal) Wrist Ext • Reverse Wrist Extension
Questions:	Kata
<ul style="list-style-type: none"> • Name Dojo Safety Rules 1-4 • What does "Karate" mean? • What does "Matte" mean? 	<ul style="list-style-type: none"> • C-step w/middle punch • C-step w/low block • Taikyoku Shodan (1) - opening plus 8 moves