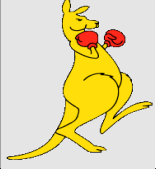



Yellow Belt 1st Stripe	 Little Roos 
Kicks and Strikes	Stances and Footwork
<ul style="list-style-type: none"> • Stomp Kick • Hook Kick (Ushiro Mawashi-geri) • Backfist (Uraken) • Knee Strikes • Elbow Strikes 	<ul style="list-style-type: none"> • Lunge step • Skip step
Blocks and Parries	Ukemi (Falls and Rolls)
<ul style="list-style-type: none"> • Sinawali Parry (Short and Long) • Horse Stance Punching(low/mid/high) • Block Check Counter Empty Hand (angles 1-2) 	<ul style="list-style-type: none"> • Dive and Grab
Cane Strikes and Blocks	Throws and Ground Grappling
<ul style="list-style-type: none"> • Slice Block • Single Sinawali 2 canes (modern) • Block Check Counter angles 1-2 	<ul style="list-style-type: none"> • Ankle Grab and Roll
Questions:	Kata
<ul style="list-style-type: none"> • Identify Japanese Flag • Identify Philipino Flag 	<ul style="list-style-type: none"> • Taikyoku Nidan (2)