

Yellow Belt			
Katas	•Taikyoku Nidan (2)	Throws & Ground Grappling	•Demonstrate Mount •Demonstrate Guard (open/closed) •Demonstrate Crossbody •Demonstrate Kesagatame
Self Defense	•Drop and Drive	Blocks & Parries	•Middle Block •Sinawali Parry (Short and Long)
Kicks & Strikes	•Side Kick (YokoOgeri) •Oblique Kick •Axe Kick •Back Kick •Hook Punch •Uppercut or Bolo	Wrist Exercises & Escapes	•Wrist Lock Stretch •Goose Neck Wrist Stretch •Bent Elbow Wrist Stretch •Thumb Wrist Entry Exercise
Stances & Footwork	•X-pattern footwork •Sinawali Waving (forward/back)	Cane Techniques, Strikes & Blocks	•Angles of attack (1-5) with: control, follow through, and pull back •Slice Block •Post and Brace Block •Single Sinawali 2 canes (modern)
Falls & Rolls	•Side Fall •Lawnmower •High Fall (Side) •Hip Out (Shimp)	Drills	•ONE CANE ATTACKS: Angles of attack (1-4) w/shutdown (use shutdown or sinawali waving footwork) •Angles of attack (1-5) defense w/X-pattern footwork
Questions	•Count 1-10 in Tagalog •What Martial Art styles are practiced at this school? •Name Dojo Safety Rules 8/8 •What does "Matte" mean? •What does "Kiotske" mean? •What does "Rei" mean?		