

## Yellow Belt w/Stripe

<b>Katas</b>	•Taikyoku Sandan (3)	<b>Throws &amp; Ground Grappling</b>	•Buck and Roll •Buck and Control •Ankle Grab and Roll
<b>Self Defense</b>	•Hammer Lock	<b>Blocks &amp; Parries</b>	•High Block (Rising) •Horse Stance Punching (low/mid/high) •Block Check Counter (angle 1 & 2) empty hand
<b>Kicks &amp; Strikes</b>	•Front Leg Kick: Front, Side, Round, Hook •Stomp Kick •Hook Kick (Ushiro Mawashi-geri) •Knifehand (Shuto) •Ridgehand (Haito) •Backfist (Uraken) •Knee Strikes •Elbow Strikes	<b>Cane Techniques, Strikes &amp; Blocks</b>	•Angles of attack (6-12) with: control, follow through & pull back •Block Check Counter w/cane (angles 1 & 2)
<b>Stances &amp; Footwork</b>	•Triangle Footwork (2-step) •Lunge step •Skip step •Closed & Open Stances (in relation to partner)	<b>Drills</b>	•Sparring (down & back) •Mirror footwork drill
<b>Falls &amp; Rolls</b>	•Dive & Grab		
<b>Questions</b>	•Identify Japanese Flag •Identify Philipino Flag •What are the rules for sparring?		