

# Youth Curriculum: Blue to Purple

## Personal Growth

Understand terms “Fudoshin” and “Zanshin”  
Good attendance (as defined by Sensei)

## Kokoro Series

- Don't Wobble

## Kihon

### **Atemi**

Nukite  
Shuto Mae Uke

### **Kicks**

Yoko Geri

## Ne Waza

Scissor Sweep  
Pendulum Sweep  
2<sup>nd</sup> Mount Escape

## Goshinjutsu

### **Arm-Bar Series**

*(from Wrist Grabs)*

Front Double  
Straight  
Across  
Straight and Turned Over  
Across and Turned Over

### **Drills**

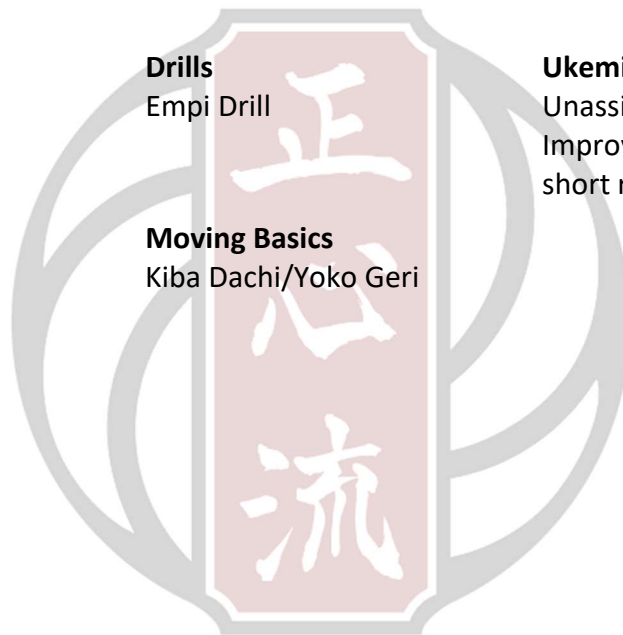
Empi Drill

### **Moving Basics**

Kiba Dachi/Yoko Geri

### **Ukemi**

Unassisted Aerial  
Improved Ukemi (quiet rolls,  
short rolls, obstacles, etc.)



SHOSHIN RYU  
— MARTIAL ARTS —

## Nage Waza

Ogoshi (circular)  
Osoto Gari (circular)

Morote Seoinage (stationary and retreating)  
Ippon Seoinage (stationary and retreating)

## Kata

Henka Nidan