

Youth Curriculum: Orange to Blue

Personal Growth

Understand terms “Dojo”, “Sensei”, “Tori”, and “Uke”

Drills techniques with little guidance, strive for refinement with consistent repetition

Shows ability/attention level to participate with more advanced students

Good attendance (as defined by Sensei)

Kokoro Series

- Missing the Target

Kihon

Blocks

Chudan Uchi Uke

Chudan Soto Uke

Kicks

Ushiro Geri

Ne Waza

Solo Drills

Shrimps

Windmills

Drills

Tap/Tap Punch

Moving Basics

1st two moves out of the blocking series with kin geri

Kokutsu Dachi / Shuto Mawashi Uke / Mae Geri

Ukemi

Side Rolls

Assisted Aerials

Front Roll to Back Roll

Improvement of all aspects of Ukemi

Partner Drills

Position Drill #1a

Goshinjutsu

Wrist Series (wrist control)

Front Double

Straight

Across

Straight and Turned Over

Across and Turned Over

Grabs / Attacks

Front Shoulder Grab Straight

Front Shoulder Grab Across

Rear Shoulder Grab Straight

Rear Shoulder Grab Across

Headlock

Nage Waza

Ogoshi (retreating)

Osoto Gari (retreating)

Kata

Henka Shodan