

Youth Curriculum: Purple to Green

Personal Growth

Recognize Japanese terms for Kihon
Understand term “Maai” and “Kime”
Good attendance (as defined by Sensei)

Leadership

Helps keep order in class, leads by example
Lead small groups of lower belts through self-defense drills

Kokoro Series

- Argue for Your Limitations

Kihon

Moving Basics
Blocking Series

Drills
Hubad

Ukemi
Improved ability in all ukemi
Effortless and silent rolls

Ne Waza

Triangle Choke from Guard
5 point arm bar
Side Control Escape / Regain Guard
Demonstrate usage of frames

Goshinjutsu

Kicking Series
Ippon Kumite Series (5)
Chudan Uchi Inside and Outside
Chudan Soto Uke Inside and Outside
Tap/Tap to Outside

Nage Waza

Tsurikomi Goshi
Harai Goshi

Kata

Konsho

