

# Youth Curriculum: White to Yellow

## Personal Growth

Sit in Seiza (with good posture / for extended periods)

Understand terms “Yame” and “Seiza”

Display proper etiquette (bowing on/off mat, bowing to partner, etc.)

Line up straight for bow in/out

Moderate focus during training, does not create distractions for class

Good attendance (as defined by Sensei)

## Kokoro Series

- Shoshin Ryu Kanji
- 7 times down, 8 times up

## Basics (Kihon)

### **Blocks (Uke)**

Gedan Barai

### **Kicks (Geri)**

Kin Geri

### **Strikes (Atemi)**

Seiken Chudan Tsuki

Shuto Oroshi

### **Stances (Dachi)**

Mitsubi Dachi

Zenkutsu Dachi

Kiba Dachi

### **Falling Skills (Ukemi)**

Back breakfall

Side breakfall

Roll to side breakfall

Forward Rollup

Shiko Walk

## Ground Techniques (Ne Waza)

### **Solo Drills**

Hip Rocker

Technical Stand Up

### **Mount Escapes**

Buck and Roll

## Self-Defense (Goshinjutsu)

### **Wrist Escapes**

Front Double

Straight

Across

Straight and Turned Over

Across and Turned Over

### **Grabs / Attacks**

Mugger's Hold

Double Collar Grab

Rear Under Arm Bear Hug

Rear Over Arm Bear Hug

Rear Double Wrist Grab

## Throws (Nage Waza)

*(All Stagnant)*

Osoto Gari

Deashi Harai

Ouchi Gari